

# Vetline

Official magazine of New Zealand and Oceania Masters Athletics

ISSUE: VOL 33 No. 3

**JULY 2015**

in this issue:

- > NZ Mountain Running Champs
- > NZ Half Marathon Champs
- > Masters Athletes in Beijing





Start of the Open/Masters Men's race at the Mountain Running Champs in Nelson

PHOTO: Sharon Wray

Official Magazine of New Zealand and Oceania Masters Athletics  
 FOUNDED IN 1970



**Cover Photo**

Tim Cross was 2nd in the M55 grade in the NZ Mountain Running champs, Nelson  
 Photo - Sharon Wray

**Inside Back Cover**

Kevin Pugh 1st Men's Masters team - Shaw Baton Relay, Wellington  
 Photo - Sharon Wray

**Back Cover**

Vicki Humphries - 1st Masters Woman & W50 grade in the Vosseler Shield, Wellington  
 Photo - Sharon Wray





The Masters Men's race at the Mountain Running Champs in Nelson, with Robbie Barnes (25), Stuart Cottam (23), Derek Shaw (30), Malcolm Chamberlin (29), Brian Kemp (20)

PHOTO: Sharon Wray

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# President's Report

by ANDREW STARK - NZMA President



For the competitive athlete within our ranks, there are plenty of opportunities for international and national competition coming up this year, with events to occur in Lyon (4 – 16 August 2015) and Rarotonga (5 – 10 October 2015), plus of course our own South Island (Timaru), North Island (Auckland) and NZMA (Dunedin) Championships.

Not all of our members are competitive athletes and as mentioned in my last report, I am keen to look at ways that NZMA can offer 'better value for money' to all members.

How can this be achieved? At the July NZMA Board meeting I presented some possible ways we can restructure our subscriptions to reflect the clientele we have and their needs, plus making it easier for us to merge with ANZ, if in fact this is what our members want. The purpose of our discussion was to identify what exactly do we offer our members? We looked at the barriers that stop ANZ club athletes from joining NZMA, one being the payment of two registration fees.

Merging with ANZ will have benefits for both groups. The most obvious for us would be that we gain about 1000 new members instantly. Currently many of these club registered masters athletes take no part in NZMA organised events such as our track & field championships, yet are happy to compete in ANZ organised masters events, such as the combined ANZ/ NZMA cross-country & road championships. What we will need to do is promote what we have to offer and being part of ANZ will make that easier. Are the ANZ masters athletes aware that at WMA and OMA Championships there are cross country and road race events they can compete in? Maybe not!! Having got these athletes on board, we might also need to rethink what we offer at our track & field championships in an effort to attract more to attend.

Each centre will receive information soon about our suggested merger with ANZ and a questionnaire. This is your opportunity to have a say and I welcome your feedback & suggestions. It will also be available on the NZMA website. Whatever we do, it has to be for the common good, NZMA has to be no worse off than we are currently and we need to retain a reasonable degree of autonomy.

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### NZMA is a member of

World Masters Athletics (WMA)  
Oceania Association of Masters Athletics (OMA)  
Council of Athletics New Zealand (ANZ)





Derek Shaw (R) was 2nd in the M60 grade, leading Ian Morrison (L) 1st in the M65 grade at the national mountain running championships



## Oceania Track and Field Championships Rarotonga 2015

The 2015 Oceania Track and Field Championships are to be held in Rarotonga, in the Cook Islands, 5- 10 October 2015. See the last Vetline (p.23) for the programme of events and other information. Athletics Cook Islands is organising the championships on behalf of Oceania Masters Athletics, with the assistance from Australia Masters Athletics (AMA).

Please note that entries can only be made on-line. A link to the on-line entry procedure is available on the NZMA website. If you do not have access to a computer, please find a friend who can assist you. The online entry form is available at: <https://reg.emlsports.com/>

Please also note that Entries close 12.00 midnight on August 31 Australian Eastern Standard time which is 2 am September 1 in NZL and 6 am August 31 in Rarotonga. No late entries will be accepted.

The entry fees for the Championships are \$A100 (OMA levies) and \$A10 per event. You will find that when you make payment by credit card that it will be converted to Australian dollars. This should not present any issues, nor should accepting the other various conditions.

When entering the 2015 Oceania Championships in Rarotonga, the following will apply.

Your current 2014 / 2015 subscription will enable you to enter the Championships. However, to be eligible to compete you must have paid your subscription for 2015 / 2016 financial year no later than 20 September 2015. New membership cards will be available prior to 31 August, but centres are requested to hold all monies until after the 31 August. The database for 2015 / 2016 will also be available prior to 31 August. Your entry will be checked against the national database, which is the same process as for WMA Championships.

**Stewart Foster**  
**Secretary.**

### NZMA e-mail Database

NZMA are intending to use e-mail as a method of contacting our members.

If you have **not** supplied your centre secretary with your e-mail address

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# NZ Mountain Running Champs

by Michael Wray

The NZ Mountain Running champs returned to Nelson for 2015. They were held in Tasman last year too, when an all-up year meant climbing Mount Campbell near Motueka. Odd-numbered years require an up-down profile, often hosted in Wellington. Nelson served up laps of the Grampians in Bishopdale.

The size of the field, across all grades, was a major disappointment. Mountain running is not an event that attracts huge numbers, but this is usually more evident in the (perceived as more challenging) all-up years. This lack of attraction is exacerbated by the limited number of potential courses that meet the requirements of an all-up year. All are outside of the main centres, making travel to those locations expensive. Nelson isn't the cheapest place to fly to; perhaps this was a factor but Nelson is cheaper than the oft-suggested Queenstown location and more centrally located.

Within the masters, no grade had more than three, meaning age-grade medals were guaranteed and taking the shine off any sense of achievement. The junior grades weren't much better, with only four boys and four girls. The senior women had four runners, of which two were actually masters. The senior men featured the largest field with just seven entrants.

Athletics NZ are aware the event has a problem. They are looking for feedback. If mountain running is of potential interest but there is a reason why you don't enter, please let them know - send your feedback to ANZ Competitions Coordinator Gareth Archer (gareth@athletics.org.nz). One of the things ANZ will look at is the timing of the event. Speaking for myself, I must admit I ran that race more or less on the back of my track season fitness, having had little time to squeeze in any specific preparation so soon into the harrier season. (Perhaps that's why I found the uphill sections tougher than usual!)

One droll response to the feedback request announced at the prize-giving was to suggest the event would be more popular if they ran it on a flat course!

The race started in separate waves. The masters women set-off alongside the senior women and the junior men, not long after the junior women. The masters men had a later start with the senior men.

While the senior men ran three laps, the masters men and women ran two. The course started on the road for a few hundred metres, climbing straight away, to an access track and the ascent up the Grampians. The terrain was far less technical than the Wanuiomata course of

2013, being tracks, grass and mud. The climbing was pretty steep - 300m in two kilometres. There was a small out-and-back dogleg to the top of the course then it was back down a different way to the quarry road for a little over 2.5km, of which the last mile was on road. The first part of the descent, from the top to the quarry road, was a muddy, narrow track through which passing opportunities were limited. The second (and third for senior men) laps returned back to the top via a different track to lap one and was narrow with several sets of steps.

The weather was wet, with a steady rain falling for most of the race. As a result, the course contained lots of slippery sections. With the mixed terrain, the choice of footwear became an interesting point of tactics. For example, I went with shoes specifically designed for muddy conditions while Brian Kemp ran with shoes more at home on road. It was like watching formula one cars elect to use their different tyre options in opposing laps. I would make great gains on the muddy descent where I could take advantage of the increased traction, then on the sealed section my shoes were less than comfortable and Brian would click into gear with newfound traction.

Additionally, the straight-up and straight-down binary profile of each lap meant different runners had their strengths during different halves of each lap. For example, Stu Cottam's ability uphill meant he would reach the top of the hill early, ahead of Brian and myself. Then Brian and I would chase him down on the descent. If the back and forth positioning hadn't been hidden by the bush, it would have made for great spectator entertainment.

The first three women to finish were all masters. Sally Gibbs held off Paula Canning, finishing in 47:47, to secure the senior women gold medal by 15 seconds. Paula was closing by the finish but Sally was never in danger of losing the lead. Jackie Mexted won the masters women grade, thanks to Sally and Paula racing seniors, a couple of minutes ahead of the bronze senior woman (Dulia Daly). Only one other masters woman competed, Jeltsje Keizer from Wellington Scottish picking up the silver 15 minutes behind.

For the men, the lack of depth within the age bands meant the competitive focus was in the championship bands of M35-49 and M50+. M40 Steve Rees-Jones found himself up with third placed senior Stephen Day (actually an M35 competing in seniors, securing senior bronze) throughout the first lap. Steve fell off the pace of



Mike Morrisey 1st M60 leading Tim Cross 2nd M55



Jim Kettlewell 1st M70

the seniors in his second lap, but cantered in to win the masters gold by a comfortable three minutes.

Behind him a three-way race between M40 Brian Kemp and the two M45s Michael Wray and Stu Cottam was playing out. Stu was far stronger going up the hill and reached the summit first. Michael produced a fast descent to catch up with Brian, but the narrow muddy tracks made passing difficult and Michael had to be patient before passing both Brian and Stu. Once on road, Brian left Stu to catch Michael. At the start of lap two, Michael shot past the turn briefly before correcting back on course. As a result, Brian started up the hill first and set the pace for the climb. When the open summit trail was reached, Stu had caught up and went back to the front. The race back to the bottom started afresh with similar results, except Brian passed Michael on the quarry road. Brian finished second master overall in 46:19 and Michael finished first M45, third in the championship grade, in 46:24.

For the M50+ grade, Robbie Barnes ran relatively unchallenged to win both the age category and the championship grade in 47:06. Patrick Meffan looked to be stronger on the climbs but, as with the younger grade placings, downhill speed was the clinching factor for Robbie. The chase for the bronze championship medal was between M55 Tim Cross and M60 Mike Morrisey, both Athletics Nelson members.

At the end of lap one, Mike enjoyed a narrow advantage of around five seconds. A strong finish gave the younger man the bronze by 18 seconds, Tim finishing in 52:41.

Next year is an all-up year. There needs to be a mainly uphill course of around 12km, with about 1200m of ascent (less for masters). Will we be back to Tasman for a third consecutive year, to climb Mount Campbell? Will we be off to Queenstown? Or will Athletics NZ find another location with a big enough mountain for us to climb?

#### Masters age group results:

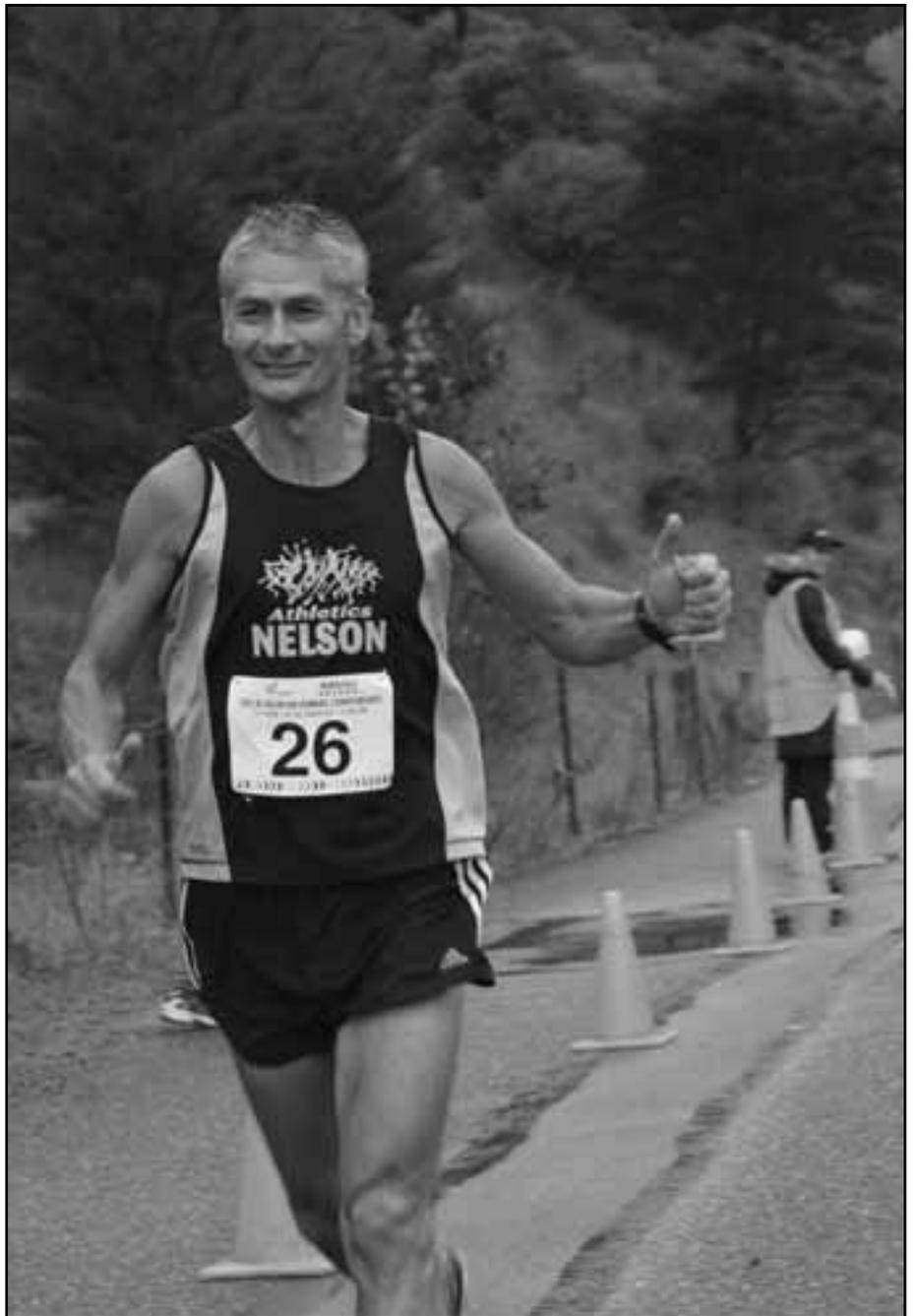
M40	1.	Steve Rees-Jones	42:44
	2.	Brian Kemp	46:19
	3.	Corey Mennell	51:40
M45	1.	Michael Wray	46:24
	2.	Stuart Cottam	46:44
M50	1.	Robbie Barnes	47:06
M55	1.	Patrick Meffan	50:04
	2.	Tim Cross	52:41
	3.	Anthony Rogal	54:13
M60	1.	Michael Morrisey	52:59
	2.	Derek Shaw	56:50
	3.	Malcolm Chamberlin	58:14
M65	1.	Ian Morrison	57:36
M70	1.	Jim Kettlewell	60:32
W35	1.	Jackie Mexted	50:32
	2.	Jeltsje Keizer	65:36



Brian Kemp 2nd M40



Jeltsje Keizer 2nd W35



Tim Cross 2nd M55



Stuart Cottam (23) 2nd M45, Robbie Barnes (25) 1st M50



Michael Wray 1st M45



Anthony Rogal 3rd M55



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# NORTH ISLAND MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIPS

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<b>Signed</b>	<input type="text"/>		<b>Emergency Contact Telephone or Mobile Number and Name</b>		
<b>Email address</b>	<input type="text"/>		<input type="text"/>		

I declare that I am a financial member of NZMA for the 2015/16 year. In the event of any 'Act of God' conditions causing a cancellation of the event, my total entry fee is not refundable. Neither the organisers, the sponsors, nor other parties associated with the events shall have responsibility for any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in these championships or related activities. I authorise my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast, promotion, advertising, or in any other way relating to this event, pursuant to the Privacy Act 1993.

Tick events entered (Check the programme for correct events for your age group)

- |                                |   |   |  |
|--------------------------------|---|---|--|
| <input type="checkbox"/> 60m   | <input type="checkbox"/> 80m Hurdles        | <input type="checkbox"/> 3000m Track Walk | <input type="checkbox"/> Hammer            |
| <input type="checkbox"/> 100m  | <input type="checkbox"/> 100m Hurdles       | <input type="checkbox"/> Triple Jump      | <input type="checkbox"/> Throws Pentathlon |
| <input type="checkbox"/> 200m  | <input type="checkbox"/> 110m Hurdles       | <input type="checkbox"/> Long Jump        | <input type="checkbox"/> Pentathlon        |
| <input type="checkbox"/> 400m  | <input type="checkbox"/> 200m Hurdles       | <input type="checkbox"/> High Jump        | <input type="checkbox"/> 4 x 100m Relay    |
| <input type="checkbox"/> 800m  | <input type="checkbox"/> 300m Hurdles       | <input type="checkbox"/> Shot Put         | <input type="checkbox"/> 10km Road* walk   |
| <input type="checkbox"/> 1500m | <input type="checkbox"/> 400m Hurdles       | <input type="checkbox"/> Discus           | * Subject to course approval               |
| <input type="checkbox"/> 3000m | <input type="checkbox"/> 2000m Steeplechase | <input type="checkbox"/> Javelin          |  |
| <input type="checkbox"/> 5000m | <input type="checkbox"/> 3000m Steeplechase |   |  |

**Please Note** – 3000m, 5000m runners and walkers - please arrange your own Lap Scorers.

ENTRY FEES		
NZMA Fee	\$	10.00
Each Individual Event _____@ \$7.00	\$	
Multi Events @ \$10.00 each	\$	
<b>Total Enclosed</b>	<b>\$</b>	

**ENTRIES CLOSE - 2<sup>nd</sup> November 2015**

**NO LATE ENTRIES**

Auckland Masters Athletics  
or Direct Credit  
ASB Bank: 12-3008-0230728-00  
[please include your NZMA No]

25 Eastcliffe Road  
Mobile: 021 246 7312  
Email: paul.campbell@ama.org.nz

are available on the  
Auckland Masters Athletics  
website: www.ama.org.nz

Christopher Thompson  
Phone: 09 837 8053  
Email: gay.chris@xtra.co.nz

Paul Campbell

## Recommended Accomodation

All motels are approximately a 6 minute drive to Mt Smart Stadium

**Best Western Ellerslie International:** www.bestwesternellerslie.co.nz  
2 Wilkinson Rd, Ellerslie, Auckland 1060 - Phone: 09 525 1909  
Price indication: Standard Studio \$155 per night. On-site Restaurant

**Astor Motor Inn:** www.astor.co.nz  
45 Main Highway, Ellerslie - Phone: 09 525 1051  
Price indication: Standard Studio \$125 per night.  
Café next door - Short walk to the Ellerslie Train Station

**Greenlane Manor:** www.greenlanemanor.co.nz  
353 Great South Road, Ellerslie 1051 - Phone: 09 571 2167  
Price indication: Standard Studio \$138 per night.  
Eateries across the road.

Book early to ensure you get a room.

OFFICIALS REGISTRATION
Name
Address
Phone No
Email
Officials Grade
Preferred Event
1st Choice
2nd Choice

We need your help. As with most centres we have good keen band of officials but we need outside help. If you have an official grading this is fine but by no means essential.

# COMPETITION PROGRAMME

The following is the anticipated timing of the Programme. Centres will be notified of any alteration after the close of entries.

Friday 27 <sup>th</sup> November						
TRACK			FIELD			
TIME	EVENT	GRADE	TIME	EVENT	GRADE	
4.00pm	400m heats if required	M/W	4.00pm	Hammer	M30 – M64	
			4.00pm	Shot Put	M65 +	
			4.30pm	Weight	W30 – W64	
4.45pm	3000m Track Walk	M30+ / W30+				
5.30pm	400m Finals	M30+ / W30+	5.30pm	Javelin	W30+	
			5.30pm	Shot Put	M30 – M49	
			5.30pm	Hammer	M65+	
6.00pm	3000m *	M/W	6.00pm	Weight	W65+	
	* These may be separated, depending on entries		6.00pm	Shot Put	M50 – M64	
			6.00pm	Triple Jump	W30+	
Saturday 28 <sup>th</sup> November						
TRACK			FIELD			
9.30am	60m & 100m heats if required	M/W	9.30am	High Jump	M30 - M64	
			9.30am	Long Jump	W30+	
			9.30am	Discus	M50 – M64	
9.45am	2000m Steeplechase	M60+ / W30+	9.30am	Javelin	M65+	
			10.45am	High Jump	W30+	
10.30am	3000m Steeplechase	M30 – M59	10.45am	Shot Put	W30 – W64	
			10.45am	Weight	M65+	
11.15am	Short Hurdles	M30+ / W30+	11.00am	Discus	M30 – M49	
			11.00am	Javelin	M50 – M64	
			11.30am	Triple Jump	M65+	
			12.00pm	Hammer	W30 - W64	
12.00pm	60m Finals	M30+ / W30+	12.00pm	Discus	W65+	
LUNCH			LUNCH			
2.00pm	100m Finals	M30+ / W30+	2.00pm	High Jump	M65+	
			2.00pm	Shot Put	W65+	
			2.00pm	Discus	W30 – W64	
2.45pm	1500m	M30+ / W30+	2.45pm	Weight	M30 – M64	
			3.00pm	Long Jump	M65+	
			3.00pm	Discus	M65+	
3.15pm	Long Hurdles	M30+ / W30+	3.15pm	Hammer	W65+	
			3.15pm	Javelin	M30 – M49	
4.00pm	4 x 100m Relay		3.15pm	Triple Jump	M30 – M64	
	(2 men/2 women provincial teams)					
Sunday 29 <sup>th</sup> November						
8.00am	10k Road Walk *	M/W				
	* Subject to course approval					
TRACK and FIELD			8.30am	<b>THROWS PENTATHLON</b>	M30+	
9.00am	200m Heats if required	M/W				
9.00am	Long Jump	Men Pent 1				
9.00am	Long Jump	M30 - M65				
9.15am	100m	Womens Pent 1				
9.30am	5000m *	Mixed	9.30am	<b>THROWS PENTATHLON</b>	W30+	
	* These may be separated, depending on entries					
9.45am	Shot put	Womens Pent 2				
10.00am	Javelin	Men Pent 2				
10.30am	Long Jump	Womens Pent 3				
11.30am	200m Finals	M/W – Men Pent 3				
12.00pm	Discus	Men Pent 4				
12.00pm	Javelin	Womens Pent 4				
12.45pm	800m	M30+ / W30+ W Pent 5				
1.10pm	1500m	Men Pent 5				
			<b>Women's Pentathlon</b>		<b>Men's Pentathlon</b>	
			9.15am	100m	9.00am	Long Jump
			9.45am	Shot Put	10.00am	Javelin
			10.30am	Long Jump	11.30am	200m
			12.00pm	Javelin	12.00pm	Discus
			12.45pm	800m	1.10pm	1500m

# NZ Half Marathon Champs

by Michael Wray

## NZ Half Marathon Championships 31 May 2015

After an absence of four years, Christchurch was able to celebrate the return of its big city event into the city itself. The earthquake that had decimated the CBD in 2011 forced the race to move. It destroyed venues that usually housed the event's registration and prize-giving, not to mention the hotels that accommodated many of the out of town athletes. Then there was the course; the roads along the Avon River and through the eastern suburbs where the course was run suffered extensive damage.

So it was that the race changed locations. The fact that the race went ahead at all in 2011 is a testament to the determination of the organisers and their ability to make things happen. The one year spent circling the country roads in Lincoln attracted good numbers, although strong winds didn't help endear the temporary course to the 3500+ competitors.

One year later and a new location around the airport was used, perhaps linked to Christchurch Airport becoming the new headline sponsor. This location remained in use for three years and while the course itself was widely considered somewhat dull, the numbers were strong and stayed in the 4300 to 4800 range.

While the city is still very much in the rebuilding phase, this year the race returned to a city centre location. And to help celebrate, Athletics NZ awarded the event the national championships for the half marathon.

It was great to be back in the city but the truth is the course is far from perfect. You can't help wondering if one more year around the airport might have been a good idea.

The news following the event was full of reports regarding traffic management issues. It would appear that the road closures for the event combined with the ongoing roadworks around the city created the sort of traffic chaos that was just three minis short of repeating the classic scene set in Turin in *The Italian Job*. (I refer, of course, to the classic 1969 film and not the abomination that merely capitalised on the name in 2003.) Apparently, to alleviate the pent-up anger of motorists who grew increasingly boisterous, marshals were forced to stop runners at times to give traffic the right of way. Naturally, the runners affected were reluctant to cooperate. I did not witness any of this, merely read of it in *The Press* the following day.

The first and most obvious course issue was the decision to use Cathedral Square for the start and finish. It was a double-edged decision; on the plus side, a marketing dream to use the iconic centre of Christchurch as the base and start/finish. However, as a starting point, the road



*Sally Gibbs*

was fairly narrow and somewhat challenged to contain a massed start. Given all the events began simultaneously, you had the situation where marathon runners and half marathon runners who met elite criteria were allowed to start at the front. Yet the faster-than-average 10km runner who just missed elite status would still be moving faster, especially from the start, so as soon as the gun went, young 10km runners were immediately weaving and trying to pass waves in front to hit the cadence required for the much shorter race. (It also transpired that the 10km race was approximately 150m short, which was most evident when comparing the location of the certified half marathon course's 10km marker to the location of the finish line in relation to the point where the two courses split. They should have been equidistant but one was clearly twice the length of the other.)

The most alarming aspect of the start was the sharp turn after just 90 metres. On a race morning that was minus two degrees generating a surface that was still slippery with morning frost, it seemed unduly risky to start in this way. Given that we then turned a further 45 degrees right to leave the square at Armagh Street, why didn't we just start 250m further round on the straight road of Armagh Street?

PHOTOS: Sharon Wray

Given the Hagley Park section of the course had a dog leg down Riccarton Avenue which could only have been to make the distance right and Riccarton Avenue had plenty of room to accommodate a much longer dog leg to absorb more distance, it was an unnecessary risk to have taken.

Apart from these points, the first 12-13km of the course was problem-free and enjoyable. The eastern loop then took us around areas where the surface had suffered badly. It seems churlish to complain, given the seriousness of the quake that created the damage but the uneven surface did not make for pleasant running. You had to be careful not to scuff the sole of your shoe and find yourself tripping. It was far worse for the wheelchair competitor, who was clearly struggling with the surface when I passed him. In a post-race interview, he said that he had been forced to enlist the aid of spectators when it came to mounting the kerb of the new bridges or when he got stuck in potholes.

After 17km, the eastern loop reconnects with the outbound course and the course is shared by runners moving in both directions for about 1.5km. Finishing in 1:16, well ahead of most runners but one minute behind the runner ahead of me, I reached this part of the course with no obvious person to follow. The marshals were busy controlling the masses that were still heading out and there were no marshals yet assigned to direct returning runners. Several times I had to stop and call out for help to know which way to go as it was not obvious. Fortunately for me, the runner one minute ahead of me had the same predicament (we compared notes post-race) and had also called out – which meant the outbound runners were already primed for offering assistance and it was they who pointed me in the right direction each time I was lost.

Through the final couple of kilometres, the end of the course felt narrow and twisty. Having examined the map again post-race, I'm not sure why I formed the impression it was twisty; there are just five turns. It was hard to gauge the distance to the finish, even though the km markers were clear up to 20km, but the finishing straight being just 100m did mean the finish line crept up on you. (Contrast this with the previous airport course and the finishing straight that lasted more than a kilometre!) The finishing road was narrow and this combined with the leading car having to negotiate around the slower 10km runners and walkers meant the overall half marathon winner had their way blocked in the final approach, being forced to squeeze through a narrow gap to get to the finish.

For the race itself, the closeness of the competition within the age grades was generally not that tight. M40 Sasha Daniels secured the M35-49 Championship title in 1:12, three minutes ahead of M35 Andrew Wharton, who was a minute ahead of third placed Michael Wray (M45). Each of the individual age grade winners won by margins that ranged from 2 to 6 minutes. Sasha had led



*Paula Canning*

the championship charge from start to finish. Andrew led Michael throughout but the gap was less than 10 seconds until Andrew began to steadily pull away from 13km.

M50 winner Glen Ferguson produced the best masters men's performance of the day, with a 1:14 that would have won any age-grade except the M40. Alastair Prangnell claimed the M50+ Championship silver while winning his M55 age grade.

Sally Gibbs from Tauranga was another to produce an impressive performance, the W50 just ducking in under 1:19 to claim both her age group and the overall masters title. Penny Peskett (W35) had run a little quicker but was competing in the senior championship grade, in which she finished third. That meant the championship medals were spread amongst different ages, as W40 Paula Canning took masters silver and W45 Gabby O'Rourke the masters bronze.

**The medallists were (net time):**

Masters Women		W50-54		M50-54	
1. Sally Gibbs	1:18:56	1. Sally Gibbs	1:18:56	1. Glen Ferguson	1:14:48
2. Paula Canning	1:22:38	2. Toni Smith	1:39:10	2. Robbie Barnes	1:19:50
3. Gabriella O'Rourke	1:23:28	3. Carolyn Forsey	1:43:13	3. Anthony Duncraft	1:21:51
Masters Men 35-49		W55-59		M55-59	
1. Sasha Daniels	1:12:12	1. Adrienne Smith	1:41:19	1. Alastair Prangnell	1:18:43
2. Andrew Wharton	1:15:15	2. Cathy Weatherston	2:06:54	2. Don Greig	1:19:41
3. Michael Wray	1:16:18	W60-64		3. Tony Price	1:22:20
Masters Men 50+		1. Andrea Wreford	1:45:01	M60-64	
1. Glen Ferguson	1:14:48	W70-74		1. Gavin Smith	1:24:14
2. Alastair Pragnell	1:18:43	1. Julie Roots	2:15:53	2. Brett Katterns	1:28:59
3. Don Greig	1:19:41	M35-39		3. Derek Shaw	1:32:32
W35-39		1. Andrew Wharton	1:15:15	M65-69	
1. Penny Peskett	1:18:01	2. Paul Barwick	1:17:56	1. Gregory Harney	1:36:59
2. Natasha Mitchell	1:30:39	3. Hamish Worboys	1:21:04	2. Richard Bright	1:40:56
3. Katrin Gottschalk	1:31:35	M40-44		3. Peter King	1:46:47
W40-44		1. Sasha Daniels	1:12:12	M70-74	
1. Paula Canning	1:22:38	2. Mark O'Reilly	1:18:44	1. Michael Bond	1:37:15
2. Lindsay Barwick	1:26:09	3. Paul Angland	1:19:47	2. Max Bragg	1:56:18
W45-49		M45-49		M75-79	
1. Gabrielle O'Rourke	1:23:28	1. Michael Wray	1:16:18	1. Dave Eastmond	2:09:38
2. Julia Spark	1:38:58	2. Jim Jones	1:18:30	M80-84	
3. Tanya Merchant	1:40:22	3. Malcolm Cornelius	1:21:53	1. Jim Fiest	2:11:20

# My Other Favourite Brew

by George White

Coffee prices are on the rise, so is it time to shake the habit, or are there good reasons to embrace it further? Coffee has had a bad rap for years but seems to be coming back into favour of late. For a long time coffee was bad for you but then so were eggs – now they are both in from the cold, and I for one am very grateful.

In recent years, studies on the effects of coffee on health have turned to being very positive. It is possible that coffee drinkers have other lifestyle advantages, such as better diets, more exercise, or protective genes, so while there is no absolute proof, there are signs of potential health benefits.

As an aside, while normal good coffee costs around Aus \$22/kilo, specialty coffees can become quite expensive. Blue Mountain Coffee from Jamaica costs Aus \$ 110/kilo and Hacienda Las Esmeralda from Panama will set you back Aus \$230/kilo. However if you want the ultimate experience, it was until recently Civet coffee from Indonesia. This is the coffee where the berries have been eaten and the seeds defecated by the Asian Palm Civet (a type of mongoose). This coffee will cost you Aus \$400+/kilo. However even this has now been super-sized! Black Ivory Coffee from Thailand's Golden Triangle is made by having the beans pass through the massive stomachs

of elephants and then hand picking the beans from the dung (want the job?). In both cases the coffee is said to be enhanced in flavour by the fermentation of the berry flesh in the digestive tract. How do you take your Crap-puccino?

## The Benefits Of Coffee To Athletes

When we talk about the benefits of coffee – we are of course largely talking about the benefits of caffeine. However the form of caffeine is important as it is estimated that the speed, endurance and reduced fatigue induced by 250 ml of coffee is the same as 1 litre of cola. The US National Centre of Biotechnology indicates that caffeine can increase endurance performance by 11/12%. It appears that coffee raises the metabolic rate and encourages the body to burn fat (caffeine is found in most commercial fat burning supplements) for fuel rather than glycogen and can in fact reduce glycogen consumption by as much as 50% in the first 15 mins of exercise. The University of Alabama found that caffeine reduced the rate of perceived exertion – helping you to work harder and longer. Similarly the Royal Melbourne Institute of Technology found that caffeine results in an increase of adrenaline and increases the capacity of muscles to work.

History has portrayed coffee as a powerful diuretic but recent research shows that it does not dehydrate you. Some 5-6 cups of coffee will have minimal effect on urine output and will not lead to a water-electrolyte imbalance. Current evidence suggests that caffeinated beverages contribute to the body's daily fluid requirements no differently from pure water.

And one of the great things about coffee is that it is one of the only known potential performance enhancers not prohibited by the World Anti-Doping Authority.

It would appear that a cup of filtered coffee pre-run (15 mins to 1 hour) could be beneficial (mega-doses don't work!), but unfortunately a Journal of Applied Physiology study shows regular coffee drinkers are less likely to feel the benefits than non-drinkers.

### General Health Benefits Of Coffee

Apart from any benefit to us as athletes if you like that morning jolt from your coffee, you no longer have to feel guilty about it – it turns out that it is surprisingly good for you. Everything in moderation of course – beyond 5 or 6 cups a day is bordering on addiction which can result in muscular tremors, headaches, elevated cholesterol, cardiovascular risks, insomnia, anaemia, glaucoma and gastrointestinal upsets.

From a general viewpoint a 2012 study published in the New England Journal of Medicine found that coffee drinkers who drank at least two or three cups a day were about 10% - 15% less likely to die for any reason during the 13 years of the study. The reason coffee is good for you is sometimes because of the caffeine but also because it is loaded with nutrients and antioxidants. A cup of coffee contains:

**6% of the RDA for Pantothenic Acid (Vitamin B5).**

**11% of the RDA for Riboflavin (Vitamin B2).**

**2% of the RDA for Niacin (B3) and Thiamine (B1).**

**3% of the RDA for Potassium and Manganese.**

**A massive amount of antioxidants.**

*In fact a Pennsylvania University study shows coffee to be the biggest source of antioxidants in the US diet, outranking both fruits and vegetables combined.*

### Type 2 Diabetes!

In many studies, coffee has been associated with a lowered risk of diabetes from 23% all the way up to 67%. Australian researchers looked at 18 studies of nearly 458,000 people and found a 7% drop in the odds of having type 2 diabetes for every additional cup of coffee drunk daily. And there is evidence that decaffeinated coffee has the same benefit as regular coffee.

### Heart Disease and Stroke!

With a lower risk of type 2 diabetes, heart disease and stroke are less likely. In a study of about 130,000 Californians those who reported drinking 1-3 cups of coffee per day were 20% less likely to be hospitalized for abnormal heart rhythms than non-drinkers. In 2009,

a study of 83,700 nurses showed a 20% lower risk of stroke in those who reported drinking two or more cups of coffee daily compared to women who drank less or none.

Caffeine has previously been implicated in increasing the risk of high blood pressure; however, recent studies have not confirmed any association. ***In a 12-year study of 155,000 female nurses, large amounts of coffee did not induce a "risky rise in blood pressure".***

### Cancer!

Coffee consumption is correlated in various studies to a reduced risk of oral, throat, colon, endometrial, prostate and in Swedish and Harvard studies, a modest reduction in breast cancer. The Harvard Medical School reported in 2006 that researchers found that coffee drinkers were 50% less likely to get liver cancer than non-drinkers.

### Alzheimer's!

A 2009 study from Finland and Sweden showed that, out of 1,400 people followed for about 20 years; those who reported drinking 3-5 cups of coffee daily were 65% less likely to develop dementia and Alzheimer's disease, compared with non or occasional drinkers.

### Parkinson's!

The anti-oxidant flavonoids in coffee may lower the risk of Parkinson's by 32-60%.

### Liver Health!

Multiple studies have shown that coffee can lower the risk of cirrhosis by as much as 80%, with the strongest effect for those who drank 4 or more cups per day.

### Other!

Many studies show coffee to be involved in reduced risk of depression, gallstones, gallbladder disease, gout and even dental decay.

### Coffee can even make you smarter!

By blocking the effects of an inhibitory neurotransmitter called adenosine in the brain, caffeine increases neuronal firing in the brain. Many trials have demonstrated that caffeine can improve mood, reaction time, memory, vigilance and general cognitive function. Caffeine significantly improves memory - at least for 24 hours.

### Conclusion

While coffee of any sort seems beneficial, to maximise the health benefits, don't use sugar. Also adding milk reduces the effectiveness of coffee's flavonoids.

If it tends to affect your sleep (caffeine boosts alertness for 6-7 hours), then don't drink it after late afternoon.

Finally there has apparently been a surge in coffee enemas for fatigue – apparently people do get a bit of a caffeine hit - but is it worth the invasion for an effect that is probably worth only a quarter of a cup of coffee?

# Queen's Birthday Honours

Two prominent members of NZ Masters were amongst those who received acknowledgement for their long service contributions to athletics in the 2015 honours.

## Geoff Henry

Wellington masters were proud to see Geoff Henry recognised as a Member of the New Zealand Order of Merit.

Geoff is a long-time member of Wellington Masters Athletics, Wellington Harriers and Athletics Wellington with 40 years of service. In all the time I've known him, Geoff has never competed. I have no idea if that has always been the case or whether Geoff moved into the officiating and administration side of athletics as he retired from competition. What I do know is Geoff spends more hours on athletics than anyone else in Wellington, if not the country.

With Wellington Athletics he has served in various roles including as President, and is the current Communications Manager. He has formed or re-established children's Athletic Clubs in Wellington's Eastern Suburbs, Upper Hutt, Naenae and Otaki and assisted the establishment of Team Wairarapa. He has been fully involved with the Kids Cross Country Series from its inception.

Geoff coaches disabled children in 'Giving it a Go' sports programmes, Masters' athletes aged 80 years plus and also adult athletes with disabilities as a 'No Exceptions' national co-ordinator. He helps train new coaches and runs Officials Courses.

During summer, Geoff is a permanent fixture at the track - managing track meets for school and junior athletes, senior athletes, masters athletes and athletes with disabilities. In the harrier season, he will be helping officiate at interclub road and cross country races or, if it's not a racing weekend, he will be facilitating club activities at Wellington Harriers.

We offer our hearty congratulations for a well-deserved honour to a stalwart of the Wellington athletics community. Well done Geoff!

by Michael Wray



# MASTERS ATHLETICS NEW ZEALAND

## Marcia Petley

Marcia's outstanding contribution to athletics was also recognised in being made a Member of the New Zealand Order of Merit. Marcia served on the board of NZ Masters Athletics for twenty one years – from 1994 to the AGM in February 2015. Among her various roles was involvement in technical matters and for many years she held the personnel portfolio. Her letters of condolence and congratulations have been greatly appreciated by the many recipients. She has represented NZ Masters at numerous World Masters Congresses.

Marcia was Secretary of Waikato/Bay of Plenty Masters Athletics from 1987 to 2014. She was a graded track and field official and officiated at many masters and others athletics championships, including in the Waikato/Bay of Plenty region as well as at NZ Masters and Oceania Masters championships. She was a founding member and secretary of the Frankton Amateur Athletics Club in 1964 and has held various officer positions in the club through to the present.

Since 1980 she has been a very active and successful competitor at masters athletics competitions both in New Zealand and overseas. Between 1987 and 2013 she has won 20 medals at World Masters Athletics Championships. She has been a medallist at every Oceania Masters/Veterans Championships since 1985 and has also won countless NZ titles at NZ Masters Track & Field Championships. She is a member of the team that holds the world masters record for W75 4x400m relay. Marcia currently holds eight NZ Masters age groups records in throws and sprints.

Congratulations Marcia for all your contributions to athletics and all the best for adding to your medal tally at the forthcoming World Masters Athletics and Oceania Masters championships.

by Derek Shaw



# The Long Career of Shirley Barber (nee Somervell)

by Shirley Barber

As a five year old girl I began my running career at the Papakura Amateur Athletic Club in South Auckland. My training was running laps around the lounge. As I grew more confident, I extended it to the backyard.

When I became a teenager, I was picked to represent Diocesan School in the 100yds, but fell flat on my face during the race and wasn't picked again.

Later, a prominent coach entered me in a top line 880yds race, but being a novice, I ran on the outside lane all the way around, coming last, but he told me afterwards I would have won easily if only I had stayed on the inside lane.

I started a daily training diary which I have diligently maintained right up to the present day.

In 1960, Snell and Halberg won gold at the Olympics in Rome, and that provided the inspiration I needed to follow my dream to continue in athletics.

It wasn't until the 1970s, that international success came while living in the UK. There I gained invitations to race in England, Scotland, Northern Ireland, also Israel where I carried our New Zealand flag in their Hapoel Games, where I came 3rd in the 1500 metres. The Sports Federation asked me to stay on and help train one of their athletes and travel to West Germany and Holland with the Israeli team. One night I opened a window and they yelled at me to shut it because of possible terrorists. Then they told me the story of their fellow athletes and team coaches murdered at the Munich Olympics. I asked what the athletes could do if we were attacked. The men explained "they don't just have running gear in their sports bags".

A little Israeli boy approached me about then when I was in my New Zealand uniform and said "You John Walker" I replied "No, he has longer hair than me".

In 1974, I ran in the Christchurch Commonwealth Games making the 800m final and 4x400 relay final, where our team broke a New Zealand record which has only recently been broken by the relay team selected for Glasgow Commonwealth Games 2014, but our resident record still stands.

Returning to England I achieved a Montreal Olympic qualifying time for 800m, but shortly after injured my back ending up in hospital. After lengthy medical treatment I was determined to get back to form, so I came back to New Zealand taking up swimming, biking and even managed a couple of marathons. About the same time I opened my own sports fashion shop called Sportique (geared up for the sporting body) in the brand new Manukau City Shopping Centre in South Auckland.

In 1977 I competed in World Cross-country Champs in West Germany, where our team achieved 3rd place behind Russia and Germany.

When I turned 50 I took up race walking as an Achilles tendon problem hindered my master's running. After achieving the technique and much racing, I went on to inspire others to break my NZ age group records.

I was approached by Dudley Harris to try ultra distance walking and found myself walking 40km once a week in training around Twin Oak Drive in Cornwall Park Auckland.

At the age of 65, with the help of Gary Little's training schedules, I competed at the World Masters Athletics Championships in Sacramento. I won bronze in the 5000m race walk and silver with our 4x400 running relay team.

As a soon-to-be-70yr old, I am looking forward to competing in the 2017 World Masters Games in Auckland.



I feel exercise is still very important as one gets older and my long term goal and perhaps - swan song, is to break a race walking record for 100 year olds!! However, I will let you all know closer to the time.



# NZ Team to 2015 WMA Champs (Lyon)

These are the New Zealand entrants to the WMA T&F Championships, in Lyon France, as at the date of publication.

We wish all the success for our athletes and the best of luck from the board of New Zealand Masters Athletics... **Go Kiwis!**

<b>Tui Ashe</b>	Heptathlon	<b>Gerry Hogg</b>	Marathon	<b>Tony Price</b>	1500m 5000m Marathon
<b>Jim Blair</b>	80m Hurdles High Jump Weight Throw Hammer Throw Javelin Throw Throws Pentathlon	<b>Marilyn Horne</b>	8km Cross Country	<b>Tina Rainford</b>	Shot Put Weight Throw Discus Throw Hammer Throw Throws Pentathlon
<b>Kevin Bradley</b>	Weight Throw Hammer Throw	<b>Ron Johnson</b>	200m Hurdles 5000m Race Walk 10km Race Walk High Jump Triple Jump Pole Vault Shot Put Weight Throw Discus Throw Hammer Throw Javelin Throw Throws Pentathlon Decathlon	<b>Roy Skuse</b>	Throws Pentathlon
<b>Michael Craig</b>	800m	<b>Peter King</b>	800m 1500m 5000m 8km Cross Country	<b>Caroline Smith</b>	1500m 5000m
<b>Anne Deleiros</b>	100m 200m Long Jump Triple Jump	<b>Lester Laughton</b>	Shot Put Weight Throw Discus Throw Hammer Throw Throws Pentathlon	<b>Corinne Smith</b>	5000m Race Walk 10km Race Walk 20km Race Walk
<b>Tony Deleiros</b>	100m 200m 400m	<b>Tiare Lund</b>	5000m 10000m 8km Cross Country Half Marathon	<b>Judith Stewart</b>	10000m 8km Cross Country Half Marathon
<b>Alan Dougall</b>	200m 400m 300m Hurdles	<b>Deborah McCaw</b>	Weight Throw Hammer Throw Throws Pentathlon	<b>Vanessa Story</b>	100m 200m 400m
<b>Merv Dudley</b>	Decathlon	<b>Iain McGowan</b>	Triple Jump	<b>Peter Tearle</b>	5000m Race Walk 10km Race Walk
<b>Alan Eustace</b>	8km Cross Country Half Marathon	<b>Hector Mein</b>	High Jump Long Jump Weight Throw	<b>Chris Thompson</b>	Shot Put Weight Throw Discus Throw Hammer Throw
<b>Mark Flaus</b>	Shot Put Discus Throw Hammer Throw Throws Pentathlon	<b>Mike Parker</b>	5000m Race Walk 10km Race Walk 20km Race Walk	<b>Johan Van Zyl</b>	Shot Put Weight Throw Discus Throw Hammer Throw Throws Pentathlon
<b>Alan Galbraith</b>	1500m 5000m 2000m Steeplechase 8km Cross Country	<b>Marcia Petley</b>	100m 200m 400m Weight Throw Hammer Throw	<b>Gerald Wade</b>	400m 800m
<b>Sally Gibbs</b>	1500m 5000m 10000m 8km Cross Country Half Marathon	<b>Liz Wilson</b>	100m 200m 400m	<b>Chris Waring</b>	100m 200m 400m
<b>Trevor Guptill</b>	100m 200m				
<b>John Hines</b>	8km Cross Country Half Marathon				

# Masters Competing at the IAAF World Championships in Beijing

by Wilma Perkins (AMA President)

As a result of the IAAF and WMA working together, two masters' track events will be held at the IAAF World Championships in Beijing on the afternoon of 29th August 2015.

Masters athletes from around the world were invited to nominate if they met the criteria for the events. These two events were W50+ 400m requiring times faster than 65 seconds and M50+ 800m requiring times faster than 2:06.00

An outstanding response from athletes resulted and WMA then had the task of selecting the best athletes to compete in the two races.

Oceania was delighted to have three outstanding athletes selected, Liz Wilson from New Zealand, Gianna Mogentale from NSW and Allan Cook from Victoria. All have been medalists at WMA championships in their selected events.

Australian Masters Athletics is delighted that Athletics Australia have thrown their support behind the two Australian athletes and will integrate them fully into the Australian team heading to Beijing, providing return airfares, uniforms and the opportunity to attend team functions and briefings. Hopefully, Athletics New Zealand will do the same for Liz.

I am sure that all of Oceania will be supporting and cheering for Liz, Gianna and Allan when they step onto the track in Beijing. We wish them all the best.



Gianna Mogentale



Allan Cook

## Combined Events Records Updated

As a result of age factor and implement changes since May 2010, several SI, NI and NZMA records have had to be archived. Without individual event performances, it is impossible to recalculate new point totals for records set prior to this time.

To overcome this issue in the future, an appendix for each group of

combined events has been created. Within each appendix we have listed all individual event performances we could locate and the points have been recalculated using the most up-to-date age factors. The trend when age factors change, is for the points earned to go down, hence many of the new records reflect this occurrence.

The latest updated list of combined event records have been compiled from events that have occurred since May 2010. Before this task can be completed, I will require the individual pentathlon event performances from NZMA Championships held in Hastings (2011) and Wellington (2013).

# Liz Wilson

by Derek Shaw

Otago Masters athlete Liz Wilson has achieved the distinction of being selected to compete in one of the two master's demonstration events at the forthcoming IAAF World Championships in Beijing at the end of August. She will be amongst the top W50 athletes in the world in the 400m event. Liz is no stranger to competing with the world's best as she participated in the WMA stadia champs in Porto Alegre, Brazil in October 2013, where she won the gold medal in the W50 400m (62.36) and the bronze in both the 100m (13.47) and 200m (26.60).

Liz's good form continued at the 2014 NZMA champs in Invercargill where she won her W50 age group in the 60m, 100m, 200m and 400m as well as the long jump. She won the women's Athlete of the Year award for the sprints at the associated awards function. She has received national colours for last two years for achieving age graded performances that exceed 95% for the last two years. In 2014 she broke the NZ W50 records for 60m (8.46), 100m (13.19) and 200m (27.09). She also holds the W45 60m (8.57) record. Her current PB for 400m is 61.86 which is an Otago Masters record.

Her remarkable achievements are all the more amazing considering she only took up sprinting in 2006. Her hard work and training under Brent Ward – arguably the best sprint coach in NZ – have resulted in her times bucking the usual trend of getting slower as she continues to improve with age. On the world masters outdoor rankings in 2015 she is currently ranked 1st for 100m (13.06, +4.7) and 200m (26.84, +3.4), 2nd for 400m (62.20) and 3rd for 60m (8.58, +2.9).

In the 2014 rankings she was also 2nd for 400m (61.86), behind Simone Geel (59.98) from the Netherlands who is currently 1st on 2015 indoor rankings with 61.54 achieved in March. Geel, who is not listed on the 2015 outdoor 400m rankings, will be amongst the starters in Beijing, along with the first two place getters in the W45 400m at the 2013 world champs – Gianna Mogentale (AUS) and Mayka Emmi Garoglio (ARG). As part of her build up, Liz will be competing at the WMA Championships in Lyon, France.

Despite her high world rankings, Liz is not eligible for any high performance financial assistance as she is a master's athlete. She is receiving limited support from WMA and ANZ, particularly once she is in Beijing, but is having to fundraise to cover her travel costs. If you are able to assist with a contribution please contact NZMA President Andrew Stark or Secretary/Treasurer Stewart Foster.



Liz Wilson

PHOTO COURTESY: Otago Daily Times

One problem that has arisen is that not all results post May 2010 were calculated using the correct age factors at the time. In all cases, incorrectly scored results generated higher than actual points scored and were listed as records. If you are a potential record breaker, it is important that you check the list on the NZMA website and advise us if you think there are any potential errors or omissions. This applies not only to combined events, but also to all other records. To obtain a record, we will need all

individual event details so that we can recalculate the points using the latest age factors. This applies not only to combined event records, but also to all other records.

What this exercise has illustrated, is that the compiling and maintaining of an accurate and up-to-date list of records does require considerable effort and time.

For checking of results, please send this information to Andrew Stark.



PHOTO: John Campbell

# Do You Need a Little Extra?

by George White

Looking for that magic bullet to help you run or walk faster? There are a maze of supplements out there which claim to help you reach those new heights. Unfortunately most of them have no significant research findings to support their claims. There are however two broad areas where runners may look for a little extra – during and after exercise which are supported by some research.

## While you are exercising

The first and most common need is during a long run. For many this may just be water to keep you hydrated, but for others it may mean a sports drink or some form of gel supplement. These are carbohydrate based and because of their salt/sugar content will also help the body hold water. While there is conflicting research on the alleged benefits of sports drinks, such as enhanced performance and recovery, there is growing support for their benefit.

Carbohydrate is the most efficient source of energy as it requires less oxygen to be burnt than either Protein or fat. Sports drinks with a carbohydrate level of between 6 and 8% are emptied from the stomach at a rate similar to water as they contain similar concentrations of salt and sugar as in the human body. It is important not to use drinks with more than 8% carbohydrate as the liquid would move more slowly into the body. A blend of sugars in the carbohydrate such as glucose and fructose increases absorption because of different transporter molecules, and the addition of a small amount of salt will also assist carbohydrate absorption as well as assisting in the replacement of salt lost through perspiration.

The need for sports drinks/gels increases with duration especially in marathon type distances. The beneficial use of carbohydrate probably kicks in at around 45 minutes and is highly unlikely to be of value for durations of 30 minutes or less. Below 45 minutes straight water is probably best. Up to about 60 minutes there is some evidence to suggest just rinsing the mouth with a sports drink could help, though why you would bother to spit it out I don't know. At around 90 minutes of effort you start to deplete muscle glycogen stores so you should have been consuming carbohydrate by then. For 1-2 hour efforts you should aim for 30 grams of carbs per hour. This is the equivalent of a 375 ml 8% sports drink per hour. Going 2-3 hours you would need 60 grams per hour and would need 750 ml of sports drinks which could be pretty difficult; therefore you may wish to go for a gel.

Sports gels are a highly concentrated source of carbohydrate (65–75 g/100 ml) in a form that is easily consumed and quickly digested. Other ingredients commonly found in sports gels include electrolytes and caffeine. Electrolytes, especially sodium and potassium, in a drink will reduce urine output, enable the fluid to empty quickly from the stomach, promote absorption from the intestine and encourage fluid retention. The consistency of sports gels is likely to increase the amount of time and mouth contact associated with the intake of carbohydrate compared with sports drinks. This in itself may increase the ability of gels to provide a performance benefit via the stimulatory effect of carbohydrate-sensing mouth receptors on the brain and central nervous system, decreasing the perception of effort.

It is essential to practice the use of gels and assess your tolerance during training sessions if you intend to use them during competition. Sports gels should always be consumed with adequate fluid to meet hydration needs and to improve gastrointestinal tolerance.

## After exercise

Following exercise, protein stores can be significantly depleted and your muscles are more susceptible to nutrient absorption, absorbing protein, vitamins and minerals very quickly. Egg whites, turkey breast lean beef and salmon are top sources of protein and these animal sources contain all nine essential amino acids, but these are not necessarily attractive straight after a session. Protein shakes may be the answer! Whey protein derived from milk is considered to be the best as it contains high levels of essential amino acids and branch chain amino acids which are a necessity for growth and repair. By increasing your protein intake post workout you will find it easier to be able to meet your body's requirements and not hinder its ability to gain new and repair damaged muscle which will maximise the results from your training. Approximately 20 grams of protein from whey will help build muscle and strength as well as improve your rate of recovery. It will also expedite repair of micro-trauma.

Whey protein (whey protein isolates are the best form) not only builds muscle it helps burn fat and has the highest protein for the lowest kilojoules. Whey protein is also excellent because it is easy to digest, is absorbed quickly and gets to the muscles fast. One thing that is crucial is the timing – it is essential to consume the protein within 30 to 60 minutes of your workout.

Now you may be thinking this is for weight lifters and body builders but as an endurance athlete, you also need more than the average Joe. Using protein to help running muscle will not result in bulky muscles but will help maximise fitness gains. When you run, the muscles begin to break down via micro-tears and these need to be repaired in order for you to get stronger and faster. The additional protein will help replace the protein you break down during exercise, help you build lean tissue, and help your muscles recover from taxing workouts so that you're primed for the next time you hit the road.

PHOTOS: Sharon Wray



Paul Newsom handing over to Bill Trompetter, 3rd Open Masters 50+ Team: Hutt Valley Harriers



Tricia Sloan in the Shaw Baton Relay, Wellington



Emily Solsberg handing over to Lindsay Barwick 1st Masters Women Team: Scottish Athletics



Brian Hayes (M60) in the Uni Relays, Wellington

# Getting Back On The Horse

by Jim Blair

After Colleen passed away at the end of 2013, I decided to make a visit to England to see my brother as he had been very unwell for a year or so. I thought it would be a good idea to compete in the World Masters Indoor Championships in Budapest, in March 2014, on my way over.

There ended up being six of us from New Zealand, three from Wellington, two from Auckland and one from Hawkes Bay/Gisborne. However, on the second day in Budapest I had an accident on an escalator on the underground railway and spent two nights in hospital. That was an experience in itself! As a result of the accident I was unable to compete or go on to visit my brother.

As I had really enjoyed competing at the previous World Masters Indoor Championships in Jyväskylä, Finland, in March this year I travelled to Toronto for the Canadian Indoor Championships. Colleen's friend and training partner, Judy Hammond, was also keen to go as she had enjoyed competing at Budapest. The championships, the sixth Canadian Indoor event, also proved to be their best ever with a record total of 226 competitors. They were very well conducted by the local organising committee and we New Zealanders and six other overseas competitors were very warmly welcomed.



Jim in the Weight Throw

The atmosphere was very friendly and all of the competitors mixed together very freely. For the first time that I had experienced at a national masters championship, many of the field events were held as combined age groups across all ages and also with male and female athletes competing together. This certainly created a friendly and harmonious group.

For the record, Judy performed very well helped by having the current Canadian champion in most of her events. This woman is also the current World Indoor Champion in three or four of her events. Judy's performances were: 60m – 11.67s; 200m – 42.00s; long jump – 2.68m; and high jump – 1.03m. She finished second to the Canadian woman in the first three events and first in the high jump where she broke her own NZ Masters age group indoor record that she had set in Budapest.

I had incurred an injury just before the champs but was still able to compete in some events. I finished second to the Canadian champion and record holder in the 60m and the high jump and won the weight throw with 9.38m.

As a result of my involvement in these indoor events, I would like to take the opportunity to strongly encourage other masters athletes to at least give it a try. The standards in most of the Toronto events were very comparable to those achieved by our athletes at the NZMA championships in Tauranga. On Sunday 12 July 2015, there will be a limited competition indoor event conducted by the Auckland Masters at the Millennium Stadium on the North Shore. There is no 200m indoor circuit but there will be 60m\* sprints plus high, long and triple jumps. Entry details are available on the Auckland Masters website. (\*50m sprint on the 60m track - due to the limited deceleration area available - see photos on following pages)

The next Canadian Indoor Championships are to be held again in Toronto in March next year and the next WMA Indoor Championships are to be held at Daegu, South Korea on 18-25 March 2017. This will be a very good event for NZ Masters as it is much closer to us than usual and it is unlikely that large numbers of European athletes will journey to South Korea.

Do try out the indoor event at Auckland in July, particularly those who are travelling to the August WMA Stadia Championships in Lyon. Then also start thinking about the 2016 Canadian Indoor Championships and the 2017 WMA Indoor Championships.



Weight Throwers - Mixed male and female group



Jim, Judy and two visiting athletes.  
2nd from left: Local federal member of parliament.  
Far right: Brian Keaveney, Meeting Manager and President of Canadian Masters Athletics

# Auckland's Indoor T&F Meeting

Auckland Masters Athletics will be holding its first Indoor Meet on the 12th of July this year. It will be a 'trial' event and we'll be interested to see what you think of it.

Indoor meets are common overseas, but we don't really have the full facilities here in NZ. However, we think we can put together something that will be fun for our Masters athletes and a great chance to get together during winter training.

We will be running 50m races and holding Long Jump, Triple Jump and High Jump competitions.

This meet will be free to any NZMA / AMA member and is open to anyone over 30. Non-members will pay a \$5 entry fee. This is a good chance for someone to have a go for the first time! Entry is online only at: [www.ama.org.nz/events.html](http://www.ama.org.nz/events.html)



High Jump area



Millenium Indoor Hall



Pole Vault area



Long Jump pit



Start of 60m laned track



60m indoor track

# Auckland

by Alan Dougall

Summer has unfortunately disappeared. Winter has arrived with a vengeance!!... Training becomes trying to keep warm and dry (Can I complete my next set of reps before the next squall passes on through??!...). To those of you who are busy training for the WMA 2015 championships in Lyon, France, yes the Northern Hemisphere does seem to get it much "easier" than us. If you are going to Lyon, our very best wishes for your success.

## Officials

At an Athletics Auckland Senior T&F Officials lunch function held at the Waipuna Hotel on 3 May, Murray Free was awarded Athletics Auckland Official of the Year (2015). Many of you will also know that Murray is a competing Masters athlete and also officiates at Masters athletic events. Congratulations Murray on your prestigious achievement. Thelma Teesdale, also a regular official at our Masters events, was awarded her 20 year service pin at the same function.

## Indoor Meeting

AMA will be holding Auckland's first Masters athletics indoor track and jumps meeting on Sunday 12 July at the AUT Millennium Institute of Sports, Indoor Sports Hall at 17 Antares Place, Mairangi Bay. It will consist of 50m sprints (electronic timing), long jump, high jump, and triple jump. For the 50m sprint, athletes will have three rounds of competition. In the first round, males and females will run in their own age groups, where possible, or amalgamated. For the following two rounds, males and females will be combined and seeded based on first round times. While the indoor sports hall has a 60m indoor track, for safety reasons, we are restricting the sprint distance to 50m to ensure sufficient stopping space outside the building. This should be a lot of fun. Online entries at: <http://www.ama.org.nz/events.html>

## North Island Championships

Planning is now well advanced for the North Island Masters Athletic championships on 27 - 29 November 2015 at Mt Smart athletic stadium. A Local Organising Committee (LOC) has been set up with a number of teams responsible for planning various aspects. Online entries at: <http://www.ama.org.nz/events.html>

## WMG2017 (Auckland)

On 6 August 2012, Auckland Tourism, Events and Economic Development Limited (ATEED) entered into a Host City Contract with the International Masters



*Malcolm Chamberlin was 3rd in the M60 grade in the NZ Mountain Running champs in Nelson*

Games Association (IMGA) to host the World Masters Games in Auckland in 2017. ATEED is an Auckland council-controlled organisation, which aims to help lift the Auckland region's economic wellbeing, and support and enhance the ability of the region to compete internationally in attracting major events such as the Rugby World Cup 2011.

World Masters Games 2017 Limited (WMG2017) is a subsidiary of ATEED set up to control and manage the games.

The World Masters Games is the largest multi-sport event in the world. In terms of athlete numbers, it is bigger in scale than the Olympics. Auckland will host the event from 21 to 30 April 2017 during which time 25,000 athletes are expected to compete in 28 different sports across 45 competition venues. The Games are regarded as the largest event New Zealand will host in at least the next decade.

Athletics will be the largest competition within the WMG2017 sports programme, expecting to attract upwards of 2,500 athletes and requiring some 200 suitably qualified officials over the 7-day competition period.

WMG2017 is expected to bring in around 250,000 visitor nights for Auckland. We haven't seen an event of this scale since RWC 2011 brought in more than 130,000 visitors to New Zealand.

As I understand, Athletics NZ has delegated Auckland Athletics to be the lead organisation for athletics and a Local Organising Committee (LOC) has been set up for athletics by WMG2017.

On Tuesday 21 April, with exactly 2 years to go until the opening of the World Masters Games, WMG2017 held a public awareness and promotional event between 7:00 - 11:00 a.m. in Downtown central Auckland (Queen Elizabeth II Square) adjacent to the Britomart railway station and the ferry terminals. This involved the laying of a 5-lane, 20m strip of artificial track. A number of AMA members in uniform offered their services to assist and were very much involved in engaging with the public. A very successful event.

# NZMA Uniform Order Form

Crop Top



Singlet



T-shirt



Prices:	<b>Crop Tops</b>	\$42 + \$5 p&p
	<b>Singlets</b>	\$42 + \$5 p&p
	<b>T-shirts</b>	\$52 + \$5 p&p
	<b>Tracksuits</b>	\$120 + \$7.50 p&p

- > When ordering, please indicate how many of each item you wish to purchase.
- > Larger sizes in all products are available upon request.
- > Orders will be delivered in 10 days subject to stock being on hand. Otherwise, please allow one month for delivery
- > Email orders to: Karen Gillum-Green at: karenandrodney@clear.net.nz  
or fax to 09 7581569  
or post to 243 Coronation Avenue, New Plymouth 4310

Product	10	12	14	16	Small	Medium	Large	X-Large
Crop Tops								
Singlets								
T-shirts								
Tracksuits								

Payment: Either by cheque made out to New Zealand Masters Athletics Inc or pay via online banking/direct deposit into our account:  
Westpac 03-1598-0062314-00 (please use your name as reference)

Name: .....

Address: .....

Email: .....





# Manawatu-Wanganui

by Jen Fee

While a team of 8 members travelling to Nationals may seem small to some regions, this represented half of our total membership for the season! This small contingent returned with a healthy haul of medals for their efforts, with 15 gold, 6 silver and 7 bronze medals. New members Brian Clatworthy (M75) and Damien Wood (M35) impressed with their results, but the star performers had to be Sue Hoskin (W60) in her walks and Andrew Davenport (M45) in his middle distance and pentathlon results as well as Laurie Malcolmson who scored a 93.7% in his 60m sprint and over 84% in his other sprints.

Commiserations to Paul Sharland who had to pull out with an injury after being third, behind Laurie, in his 60m event. There were also consistent results from Francie Bayler (W70) and Mike Shepherd (M70) - well done. It was also good to see our ex-president Ian Carter (M60) now from Tasman still doing well with wins in the 800/1500m double.

Some of our members are now training for the World champs (Lyon) and Oceania champs in Rarotonga later this year and there are a few busy with the harrier season. Damien Wood finished 2nd in the Mens 15-44 walk (5:24.39) at the Rotorua Marathon with Juanita Paterson 4th in her 40-44 grade and 145th overall in 3:28.37.

Juanita was also the first woman home in the Pahiatua Half Marathon in March in 1:34.30, where Andrew Davenport also won the 40-49 grade in 1:23.22 and Rob Dabb finished in 1:35.59.

After taking names during February's NZ Master Games in Wanganui we hope to grow our membership next season ... watch this space. In the mean time, best of luck for all our members in their upcoming events.



PHOTO: Sharon Wray

Start of the Master's Classic Relay - Trentham

## Coaching Corner

by Mike Weddell

Broadly speaking athletics is an individual sport, as it is one person against the rest from the athlete's point of view. The athlete needs to be self-reliant and have confidence in his/her own ability when it comes to competition. However, there is much to be said for looking at athletics as a group sport when it comes to training. I use the term group rather than team as there does not need to be the close coordination between athletes as in true team sports.

Much of the benefit from training in a group, which may or may not be organised by a coach, comes from the social interaction between the athletes. They encourage each other, share experiences and use the enjoyment of training with others as a motivator to train consistently.

On a cold wet night it is easier to go out training in a group than to go out alone.

There is the added benefit of having an interested group to cheer for you when competing.

The above is especially true for long training runs. The time passes quicker when there is someone to talk to. Training in a group may also lead to a greater variety in your training, instead of doing the same old things you have always done. It is worth remembering that it is easier to improve when doing something new than to get better at the sessions that you have always done. So if you mainly train on your own find a group to train with or at least one other athlete.



# Tasman

by Derek Shaw

## NZ Mountain Running Champs – 11 April 2015

The 2015 champs were again hosted by Athletics Nelson, returning to the up and down course on the southern end of the Grampians Hills in Nelson city. The masters ran 2 laps over a distance of 9.3km in the wet and greasy conditions. Due to small age group fields all local masters went home with a medal. Paula Canning decided to contest the SW title with fellow master Sally Gibbs, who had finished second in her two previous attempts at the national SW title. It was a case of third time lucky, or rather well run, as she managed to prevail over her younger rival to win in 47:47, 15s ahead of Paula.

In the master's men, the fastest local was Brian Kemp (46:19) who took out the silver in the M40 age group after a close race with the two M45 runners Michael Wray and local running legend Stu Cottam (46.44). Stu, who warmed up by running over the Grampians from his home on the eastern side, also ended up with a silver medal. He was closely followed by Robbie Barnes who won the M50 age group in 47:06. Local mountain running specialist Patrick Meffan started cautiously and worked his way through the field to win the M55 age group in 50:04, with Tim Cross (52:41) second. Mike Morrissey (52:59) comfortably won the M60 age group from Derek Shaw (56:50), who was passed on both uphill sections by the winner of the M65 age group Ian Morrison (57:35) and had to work hard on the downhill sections to catch him again. Current Tasman masters members managed to win a total of 3 gold and 3 silver medals for their efforts in the trying conditions.

## Nelson Half Marathon – 3 May 2015

Paula Canning had the distinction of winning her tenth consecutive women's title in this event ... and she keeps on getting faster.

The 42-year-old set a new women's course record of 1:23:22 (8th overall), 25s faster than her 2014 time and almost 17 minutes quicker than her first win in 2006. The first of the master's men and 3rd overall was Brian Kemp (M40) who continued his good form to cross the line in 1:18:51. He had a close race with Wellington Scottish's Jim Jones to hold off the former Nelsonian by a 7s margin. Dave Keen (1:19:37) was third in the M40-9. Stu Cottam (1:24:04) celebrated his recent 50th birthday with a comfortable win in the M50-9 age group and 10th overall, 10 minutes ahead of Richard Bamfield and a further 5 minutes to Rob Somerville. In the M60-9 grade, Barry Dewar reversed last year's order over Derek Shaw (1:31:46) with an impressive time of 1:27:27 in finishing 14th overall. Local stalwart Alister Dickson (1:39:16) was 3rd.

**PHOTO:** Norman Carrington



Paula Canning

Second behind Paula in the W40-9 age groups was Carol Cooper (1:35:45). Margaret Hazlewood (1:48:58) was first in the W60-9 age group, over 10 minutes ahead of the W50-9 winner Barbara Taylor (1:59:36).

The half marathon walk was dominated by masters with Peter Hague (M60-9) taking line honours in 2:21:06, followed by Joanna Hawker (W40-9, 2:27:37), Lyn Smith (W50-9, 2:27:50), Bevan Cook (M70+, 1:28:53) and John Llewellyn (M60-9, 2:33:07). Ross Mitchell (M50-9) won the 5km walk in 35:40. Cliff Bowman (M50) repeated his win last year in the quarter marathon run with a time of 38:36, a minute quicker.

## NZ Half Marathon Champs – 31 May 2015

Five Tasman Masters competed in these champs which were held in association with the Christchurch Marathon over Queens Birthday weekend. Cool, cloudless and windless conditions greeted competitors at the start line adjacent to Cathedral. The return of the event to the centre of Christchurch presented the organisers with many challenges – some of which were well handled but others will require improvements in future years.

Paula Canning continued her very good form to be the first women in the MW40-49 age groups with a time of 1:22:38 – just 3s off her PB which was a great effort considering the congestion at the mass start of nearly five thousand runners and walkers. This performance placed her 2nd in the NZ champs MW 35+ grade and first in her W40-4 age group. Robbie Barnes (1:19:50) also had a very good run to be 4th overall in the MM50-9 grade which earned him the silver medal in his M50-4 age group. Neil Whittaker had a good run to record 1:23:02 and 9th MM50-9 overall.

Tim Cross ran 1:31:38 which placed him 4th in his M55-9 age group. Derek Shaw (1:32:32) was 4th M60-9 overall and won the bronze in his M60-4 age group.

In the full marathon, Phil Costley was 2nd overall in 2:27:29, which was 7.5 minutes quicker than his winning time in 2013. Former Nelson runner Klaartje Van Schie, now living and working on Stewart Island, was 4th overall in the women's race in 2:56.50 and Barry Dewar (3:22:52) won the M60-9 age group by nearly 22 minutes.

### South Island Masters Games – 26 September – 4 October 2015

If you fancy some early season athletics, perhaps as preparation for Oceania champs or the NI or SI champs, then Nelson offers a good opportunity during the forthcoming SI Masters Games. The opening day on Saturday 26 September offers a day of track and field events at the Saxton all-weather track. There will also be other run/walk events as well as lots of other sports and entertainment during the Games if you want to make a holiday out of the second week of the schools holidays. For further information and registration go to [www.simasters.co.nz](http://www.simasters.co.nz). If you register before 31 August you can avoid the late fee. For further information on the athletics on 26 September contact Derek Shaw – [nikau@ts.co.nz](mailto:nikau@ts.co.nz), ph 03 5487537.

# New Caledonia

by Marie-Jo Berthet

New Caledonia Masters Athletics is in mourning. Fred CASSIER (born 23/01/1951) died suddenly on the 1st of May 2015 at the age of 64. Frederic Cassier competed in both the shot put and hammer throw and had a marked effect on the history of the New Caledonia Masters Athletics, not only as an athlete but also coach and leader.

He participated in four Pacific Games between 1979 and 1991 and won many medals, including a Hammer Throw gold medal in 1983 in Apia, with a nice record of 56.78 meters.

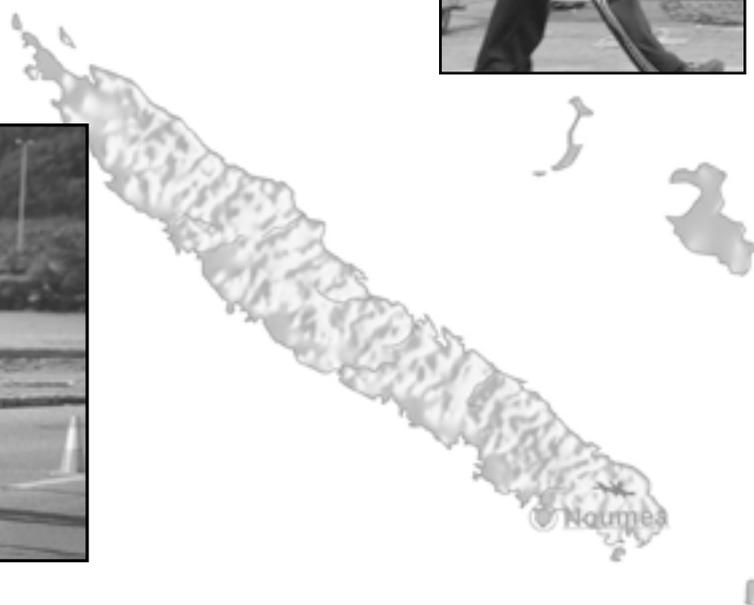
He is the current M40 Oceania Masters Championship hammer record holder (7.26 kg), with a throw of 50.14 m (1992 – Norfolk Island)



*Frederic Cassier (above and right)*



*Nordine Benfodda - 10 km ASPTT*



### Résultats Masters - New Caledonia

	11/04/2015 Championships 10 Km Paita	22/04/2015 Championships 10.000 m	10/05/2015 Label FFA 10 km ASPTT	16/05/2015 Championships 5000 m		
<b>W35-39</b>	<b>Perf.</b>	<b>Perf.</b>	<b>Perf.</b>	<b>Perf.</b>		Team
OBLET Isabelle	44.44	45.02.94	44.18	21.16.89	76	Asptt Nouvelle Caledonie
<b>M35-39</b>						
OBLET Cedric	41.39		40.39	16.51.67	75	Asptt Nouvelle Caledonie
<b>M40-44</b>						
BENFODDA Nordine	35.16	33.38.46	35.04	16.09.24	73	Athletic Club De Paita
MONIN Stephane	37.39		36.47	17.28.77	72	Js Vallee-du-tir
<b>M45-49</b>						
LEHEUTRE Xavier	38.08		38.44		69	FFA - Pass running
BOMBANEL Alain	39.53	39.15.15	40.22		68	Asptt Nouvelle Caledonie
LE MESTRE Loic	40.28		42.02		66	Athletic Club De Paita
<b>W50-54</b>						
HUON Odile	45.37			20.43.45	63	Asptt Nouvelle Caledonie
CHIPEAUX Josiane	46.47		46.00		60	Asptt Nouvelle Caledonie
<b>M50-54</b>						
PLANES José-Antoine			39.15		62	Athletic Club De Paita
MARDJOEKI rené	46.12		45.16		63	As Magenta Nouméa
<b>M55-59</b>						
PONCIN Patrick	43.35		43.20		55	Asptt Nouvelle Caledonie
MORVILLE Louis	43.53				58	Athletic Club De Paita
<b>M60-64</b>						
LAURENT Jean	47.32		47.51		52	Athletic Club De Paita
AZAM Joel			50.53		53	Asptt Nouvelle Caledonie
<b>M70-64</b>						
POHL Didier	55.30				43	Asptt Nouvelle Caledonie
<b>Track Walk Championships</b>						
	<b>10.000 m</b> <b>22/04/2015</b>	<b>5000 m</b> <b>16/05/2015</b>				
<b>W40-44</b> VACHE Anne		34.39.06			71	Asptt Nouvelle Caledonie
<b>W55-59</b> DUPONT Patricia	01.09.53.05	34.11.59			58	Athletic Club De Paita
<b>W60-64</b> AZAM Chantal	01.08.01.05	33.13.96			53	Asptt Nouvelle Caledonie
<b>M65-70</b> GAUTIER Michel	01.05.56.41	31.40.08			48	Asptt Nouvelle Caledonie
<b>Championships 16 &amp; 17/05/15</b>						
	<b>400 m</b>	<b>800 m</b>	<b>1500 m</b>			
<b>W35-39</b> PAULMIN Peggy	59.93	2.26.39			76	Athletic Club De Paita
<b>M35-39</b> BROUILLAUD Gilles		2.10.66			75	Asptt Nouvelle Caledonie
<b>M35-39</b> OBLET Cedric			4.28.82			
<b>M50-54</b> TRUQUES Thierry	<b>100 m</b> 14.25	<b>200 m</b> 30.22			63	Asptt Nouvelle Caledonie

# Canterbury

by Andrew Stark

On Sunday 5th April CMA held its annual dinner as our final event for the 2014-2015 season. It was an opportunity to get together and celebrate the success of our competitive members. It is one of the only events throughout the year where many of our members gather at the same place at the same time.

The colder weather is now upon us and many of our members go into semi, if not full, hibernation for the winter. However, a group of regular throwers will be competing in a series of throws pentathlon events throughout the winter months. Organised by Bev Church and held at Rawhiti Domain, these events occur on the first and fourth Sundays of the month - weather permitting. So far they have had three such events and fortunately the weather has been favourable. Any thrower who is in Christchurch on either the first or the last Sunday in the month, are more than welcome to come along and join in.

The cross country season is in full swing. The early season events are mainly relay races over shorter distances per lap which give some of our track athletes an opportunity to be competitive. The Hagley Relay event is competed over a four kilometre course. In the men's event there were 130 runners, but only eleven were NZMA members. Chris Mardon, who is one of our members, ran the fastest time overall. In the women's event there were 41 runners with three NZMA members. Bernadette Jago was the fastest NZMA member and ran the 6th fastest time overall.

Having had a brief look through other results, the same picture appears. Very few of the master's runners who compete in cross-country within our region have joined NZMA. I realise this is nothing new, but as has been mentioned elsewhere in this Vetline issue, merging with ANZ has the potential to improve this situation.

Having had the good news back in March that the Christchurch City Council has approved the building of a sports hub on the Nga Puna Wai site, everything appears to have gone quiet. However, there is a lot of work that has been going on behind the scenes. Members from Athletics Canterbury, along with hockey and tennis representatives, have had a meeting with the engineers / designers involved in the project. All groups were asked to identify what they initially required to set up their sport in the new sports hub. The purpose of this meeting was to gather information to help decide what will be built in Stage 1 of the project.

The combined ANZ & NZMA Cross-Country Championships are being held in Christchurch for the second year in a row. Held on the Halswell Quarry reserve, this is a great spectator course and I look forward to seeing many of you there. (Photo of course from previous champs).

You will also be aware that the 2015 South Island Masters Track & Field Championships are being organised by Canterbury, but will be held in Timaru 20-22 November 2015. This is a combined meeting with Athletics Canterbury and Canterbury Children's Athletics, therefore it promises to be a busy weekend of athletics.



PHOTO: Andrew Stark

Halswell Quarry Cross Country finish line

# Wellington

by Michael Wray

Athletics Wellington held its second annual awards function and as with the inaugural year, Wellington Masters were a strong presence in their list of nominees. Grant McLean and Michael Wray were nominated in the distance category; Michael Wray, Tony Price and Andrea Lambert were nominated for middle distance; Sharon Wray was nominated for volunteer of the year; Jacqueline Wilson was nominated for walking. Our strength was reflected within the list of winners, where Grant, Tony, Andrea and Jackie were recognised.

## Shaw Baton Relays

Competition in Wellington kicked off with the Shaw Baton Relays. A dry surface and a course that shortened one of the bends meant times were fast. Jackie Mexted ran first lap for Scottish setting them up with a lead that the subsequent runners (Lindsay Barwick, Rachael Cunningham, Tricia Sloan) increased on their way to a new MW course record. Olympic stayed in second place throughout but a good contest for third was had. Initially, Kapiti held this spot. Olympic's B team took it for one lap and by the finish third place went to Scottish's B team.

In the Masters Men, Trentham got things off to a surprise start when Josh Campbell ran fastest lap, narrowly ahead of Michael Wray (Scottish) and Kevin Pugh (Olympic). Olympic's Mike Waterman first passed Scottish's James Turner and then Trentham's Kevin Thompson and from that point on Olympic held the lead. Olympic ended five years of Scottish dominance and secured their first MM Shaw Baton win since 2003. Brendon Thompson brought Scottish in ahead of Trentham on the third lap and that's how the minor placings finished after all six laps.

The O50+ category, in just its third year of existence, saw Wellington Harriers continue their undefeated streak, producing a course record for the team and for Andrew Wheatley individually. WHAC have been so dominant in the new age grade that they split themselves into two separate teams and raced each other for the title. Just 25 s separated the two and the winning team had to wait until lap five before going to the front. Hutt Valley were also in the mix, splitting the two at the end of lap one, and eventually claimed third a long way ahead of fourth.

## Varsity XC Relays

The Varsity XC Relays in Paekakariki were also held in firm conditions, although longer grass and a modified route through the bush section meant times were slower than usual. The Scottish masters were out for revenge, both for losing this race last year and the Shaw Baton. Olympic started well, Kevin Pugh delivering an 11 second lead ahead of WHAC's Francis Evett. Gerard Gordon came in for Scottish a further 38 secs back. Michael Wray ran a fast lap for Scottish, moving them into second and had it not been for a pot-hole trip that sent him to ground in the final straight, he may have handed over the lead. Todd Stevens did give Scottish the lead to set-up an exciting finish. Brendon Thompson set-off with a 68 s head start and Olympic's Mike Waterman gave chase. Mike ran a terrific lap, by far the quickest of the day, but Brendon snuck in to claim the win with just eight seconds to spare.

For the Masters Women, Renae Creser produced fastest lap and Kapiti led at the first handover. Their lack of depth meant it was a brief glory, as Rachael Cunningham took over from Tricia Sloan to give Scottish a three second lead at half way. Olympic's Marie Pugh ran a good lap to reclaim the lead then Lindsay Barwick made quick work of the final lap to give Scottish the win. A late drive enabled Wellington Tri Club to claim the final podium spot.

After their success at Shaw Baton, the WHAC team once again split their O50 team. This time it backfired. Olympic's team of Grant Carroll, Chris Speakman, Tony Simmers and Mark Handley all ran well. The top times belonged to WHAC runners, with Paul Sharp the quickest, but having those top times spread across three different teams cost WHAC the chance of the title and Olympic emerged the victors by 12 seconds.

## Vosseler Shield

Controversy dogged the Vosseler Shield this year with the membership system not showing as registered several paid-up athletes. The decision from WHAC not to correct results meant the senior men's shield, the senior men's minor podium placings and the individual M60 title was decided by clerical error rather than racing performance.

The popularly acclaimed "toughest cross country race in NZ" offers a demanding course with lots of hills and technical terrain. The women and M60s complete one



Jackie Wilson fastest walking lap of the Masters Classic Relay



Rachel Cunningham in the Shaw Baton Relay

lap for 5km, while the senior and younger masters men run two (with a connecting dogleg) for about 10.15km. In the masters women, the W50 category produced the best overall time. WHAC's Vickie Humphries finished in a time that would have been fourth in the SW and the winning W50 time was faster than any W35 – something that only happened for the first time ever in 2014. There was a three minute gap back to second W50 Michele Allison. Third was Lyn Clark.

For the W35s, Olympic's Michelle Van Looy took the honours. Debbie Coetzee was less than a minute behind, but would have been more concerned with holding off Lindsay Barwick by three seconds than closing down Michelle.

The M60 race saw Richard Brent (Scottish) secure the win by a healthy margin, except Richard's timing chip was erroneously left as inactive. Dave Mason from WHAC was therefore given the win after finishing second. The battle for third (credited as second) saw a late charge from John Skinnon, who out sprinted Brian Hayes by one second.

The M40 race was settled very early. Scottish's Michael Wray made a strong start and held the pace to the end of lap one before relaxing a little and ultimately won by over two minutes. Club mate Simon Keller took second and Darren Gordon finished third. In the M50s Paul Sharp from WHAC ran a strong race, even finishing ahead of second placed M40. Graeme Butcher was second and Marcus Smith third.

### Master's Classic Relay

The Masters Classic Relay was the day following the Vosseler, which was better than having it the day after the NZ Marathon Champs as in 2014. Numbers were at their highest level since 2007. Fastest lap for the men came from Michael Wray and for the women Michelle Van Looy. Peter Baillie and Jackie Wilson produced the fastest walking times.

Scottish defended their open men's title and also claimed the open women's for the first time since 2008. In both of those categories, Hutt Valley finished second. Scottish also won the 250+ aged category, but in the 300+ age category Hutt Valley defended their title to deny Scottish further honours. The mixed category had the largest list of entries, including a team from Porirua parkrun. Parkrun were leading early on, then Olympic took over but in the final two laps Trentham finished fast to take the prize.

In the walking section, Scottish won the open walkers category for the thirteenth successive year. Scottish looked good early for the 150+ section too, but Warren Jowett produced a great middle lap to propel Trentham into the winning position.

## Shaw Baton Relay - Wellington



Hayden Munro 1st MM Team Olympic



Jackie Mexted fastest lap time at Shaw Baton relay (1st MW team)



Brendon Thompson 2nd MM Team Scottish



Andrew Wheatley fastest lap time Open Masters



Stephen Mair 3rd MM Team Trentham Harriers



Lindsay Barwick

Vosseler Shield Race - Mt Victoria, Wellington

PHOTOS: Sharon Wray



Graeme Butcher - 1st M50 grade



Richard Brent



Lindsay Barwick - 3rd W35 grade



Michelle Van Looy - 1st M35 grade



Butch Borlase - 4th M40 grade



Debbie Coetzee - 2nd W35 grade

# Northland

by Margaret Crooke

At this time of the year it's usually reduced activity for track and field masters, but with the OMA Champs in October some of us find that we're trying to combine cross-country and road running, with track and field training, and also trying to keep injuries at bay.

So what have Northland Masters members been up to in the past few months?

Brian Barach has been putting us all to shame with the variety of events that he has competed in. March 7th saw him line up at the start of Ironman New Zealand in Taupo, and after 11 starts he secured a podium finish, taking third place in 65-69 age group. After the swim and bike leg Brian was sitting in fourth place, with a 42.2 km run to come. He showed a clean pair of heels in the run, with the fastest run split for the day in 65-69 age group, lifting him in to third place. Brian's comment on his run was, "a marathon time of over 4 hours 37 minutes is not great".



Brian Barach in action at a local triathlon event.

Brian and Oringa Barach don't just do triathlons; they also have a go at ocean swims and running marathons, which leads us to the Rotorua Marathon held on 2nd May.

**Results for Northland members were:**

**Full marathon:**

Brian Barach, 3:54, 1st M65-69  
Oringa Barach, 6:40, 10th W65-69

**Half marathon:**

Dave Eastmond, 2:11, 3rd M75-79.

The Cape Brett Challenge, held on 18th April, is known as the toughest race in the North; what a killer! Most people do it as a two day walk and stay overnight in the hut at the lighthouse. Our race walker, Corinne Smith, decided to do it in a day, completing the course in 7 hours 24 minutes, placing her 4th woman home. What a great achievement Corinne!

Here in the north, Sport Northland have a series of run/walk events that a number of our members enter. The most recent event was on 10th May at Paihia, the Jennian Homes Mother's Day run. What a stunning day it was, no better place to run on a sunny autumn morning than along the water's edge overlooking the bay and through the Treaty grounds. Members that were spotted taking part were: a spritely 91 years young Colin Thorne, Dennis Langford, Val Babe, Jenny Ferris, Len Field, Tony Langton, Neville Rae and yours truly. Check out the photos of Dennis and "young" Colin!



Dennis Langford nearing the finish at Paihia.



"Young" Colin Thorne crossing that magic finish line at Paihia!

By the time you receive this Vetline we will have had our a run with a difference at the end of June. On 15th July our cross-country champs will be held at Barge Park in conjunction with Athletics Northland.

Finally, we'd like to wish the best to all New Zealand masters athletes heading to the World Champs in Lyon, particularly our own Corinne Smith who will compete in the walk events. Corinne, have a great trip back to France.

# Waikato/Bay of Plenty

by Ray Laurie

PHOTO: Ray Laurie



*Venue of the Rotorua 'Fun Run'*

The 2014/15 summer season ended a most successful year for our athletes, for not only were there many age related performances in the 90 percent range on the track, there were several in the field events, which usually seem to score less than those of the track competitors.

No doubt the local committee also felt well satisfied with their efforts for this season. Not only did the number of athletes registering in the area increase to eighty-seven, they were hosts to yet another highly successful New Zealand Championship. That the event was so successful can also be attributed to the co-operation and recruitment of helpers (especially those of school age) and of course as usual, the officials. Furthermore the championships, which were previously held over four days were condensed to three, eliminating the need for those competing in the multi events to return again on the Monday morning. The committee are also proposing that national championships have a more generic programme order so as to make it easier for more centres to provide the venues..

Reducing the programme to three days meant there was a very tight time schedule to observe. This raises a problem regarding the recording of centre records where tape measurements are required. Assessing whether a New Zealand or World record has been set is time consuming because of the need to use a metal tape, and call over an official qualified to certify the distance. However there are likely to be many more centre records being broken, and, where previously, these records could be taken from the results sheets, it would be too too disruptive to the programme to require the presence of an official and a metal tape. Thus. it appears that at present, unless a national record is also set, centre records can not be acknowledged at the championships. Perhaps this could be overcome if all field events at national championships were measured with a metal tape.

Since the NZ championships, this centre has only had one event for the track athletes. This was the Auckland v Waikato/BOP Challenge Trophy.

The venue was at the Auckland University of Technology Millenium Stadium on the North Shore, and for our athletes, was probably a new experience. Although W/BOP came away with the trophy by one point, that only 5 members made the trip to Auckland must have been disappointing all round, as the points are earned only by matching the same number of athletes from each team; and Auckland had a great depth of excellent performances.. However Bruce Clarke in his report to the WBOP newsletter "UP Front" pointed out that the real winner of the day was the camaraderie and sportsmanship of the competitors. He warns that next year, Auckland will be visiting Waikato/Bay of Plenty, and no doubt would like to get their hand on the trophy.

Following on the summer season, the committee has again elected to use pleasant venues at which those who capabilities restrict them to a social afternoon out, can spend time with those who enjoy a run as well as the afternoon tea get-together. The first of these events was again at the McClaren Falls and then a few weeks later at Rotorua, although this time the venue was the scenic Tree Trust Tihi-Otonga. Our next event will be a weight pentathlon at Edgecumbe on June 14.

Finally, a message from Pauline Purser: Pauline would like to thank all the athletes who gave her such care when she was hurt when going to collect her medals at the championships; and for the goodwill messages for the urgent and unrelated need for surgery which was discovered during the follow-up to the accident. Pauline is recovering remarkably well.

# Otago

by John Stinson

The annual Otago Masters Athletics Awards were presented during the Athletics Otago awards night function held on 22nd April at the Sargood Centre, Logan Park Drive, Dunedin. The function was well attended, providing athletes and supporters with an opportunity to celebrate the season just concluded and to look ahead to what is shaping up as a particularly busy time for Athletics Otago.

A highlight of the evening was a presentation made to Ron Cain QSM who is stepping down as Track and Field Meeting Manager a role he took over in 1986. Ron has been involved with athletics for 70 years since first joining the Caversham Harrier and Athletic Club in 1945.

**His administrative roles include:**

*Athletics Otago President 1975-77;*

*Athletics New Zealand President 1992-93;*

*NZ Cross-Country Selector 15 years, 10 as convenor;*

*NZ Cross-Country Team Manager 1980-81 and 1989.*

**His services have been acknowledged through:**

*Caversham Harrier Club Life Member 1964;*

*Athletics Otago Life Member 1989;*

*Athletics NZ Life Member 2010; and*

*Queens Service Medal for Services to Athletics in 2013.*



Ron Cain with his wife Betty at the Athletics Otago Athlete of the Year function



PHOTOS: John Stinson

Liz Wilson with the OM Athlete of the Year shield

**The Otago Masters (OM) award winners for the 2014-15 season were as follows:**

**Olsen Memorial Trophy** – Men’s Aggregate Winter Season - Kerrin Williams;

**OM Trophy** - Women’s Aggregate Winter Season – Dalise Sanderson;

**OM Marathon Trophy** - Peter Hughes;

**Geoff Capon Memorial 5k Beach Race Trophy** - Marc Boulle/Dalise Sanderson;

**OM Winter Athlete of the Year** - Graham Murphy Trophy – Geoff Anderson;

**Joe Cowie Memorial 6 Race Trophy** - Geoff Anderson

**OM Field Events Trophy** - Alison Newall;

**OM Women 6 Race Trophy** - Dalise Sanderson;

**OM Men Self Handicap 5k Road Race** – John Landreth;

**OM Women Self Handicap 5k Road Race** - Dalise Sanderson;

**Sanderson Trophy Masters Men’s Sprints** - Paul Davies;

**Sanderson Trophy Masters Women’s Sprints** - Liz Wilson;

**OM Athlete of the Year Shield** - Liz Wilson

This is the second consecutive year Liz has won the Otago Masters Athlete of the Year Award and this year she also achieved 95%+ age grade performances to be awarded National Colours by NZMA. In August Liz intends to travel to Lyon for the World Masters Athletics Championships where she will compete in the 100m, 200m and 400m. Liz has also been selected to compete in the MW50 400m, one of only two masters events to be held at the 2015 World Athletics Championships in Beijing from 27-30 August.



*Gene and Dalise Sanderson*

Dunedin again has New Zealand's newest all-weather track with the recent completion of a \$500,000 overhaul of the Caledonian Ground. Upgrading began at the beginning of March, where in addition to a new track work has also been completed on a new water jump and long jump run up. The upgrade is particularly timely with Dunedin set to host both the NZ Masters Track and Field Championships at the end of February 2016, followed a week later by the NZ Track and Field Championships. It is also hoped that Otago will host the NZ Secondary Schools Championships in 2017 and the Oceania Masters Championships in 2018.

Dunedin boasted the first all-weather track in New Zealand with the opening of the old Caledonian Ground in South Dunedin in 1962. The new Caledonian Ground at Logan Park was completed in October 1999 with the first track and field season held there in 1999-2000.

Otago Masters athletes Gene and Dalise Sanderson were among those to receive their 10 year medals for the 2015 Papatowai Challenge, a rugged 16km run/walk through the Catlins area in southeast Otago. The Papatowai Challenge began in 1997 and is held during March, with the exact date being dependent on prevailing tide conditions. All funds generated are put back into the Catlins community. Chief organiser Wayne Allen who has been in charge of the Papatowai Challenge since its inception has created a unique community event, with the spectacular scenery easily compensating for the rugged nature of the course. A notable feature of the post race festivities are the huge supplies of homemade pikelets topped with raspberry jam for all competitors to enjoy. Gene and Dalise were delighted to receive their 10 year medals, providing further evidence of their whole hearted support of athletics not just in Otago but across the country.



*Alison Newall and Julie Edmonds with their awards*

# Southland

by Evan MacIntosh

## Motatapu Off Road Marathon

The Motatapu events were held in early March and the course was wet and muddy, and in addition the multiple crossings of the Arrow River were quite difficult as the water level was much higher than in other years. This resulted in slower times than in previous years.

Gary Kirkman from Te Anau made it two years in a row winning the M60+ age group with a time of 5 hours 12 minutes. Will Gary get the hat trick next year? Watch this space. Another Invercargill runner Bill Richardson took out third place in the M60+ section with a time of 5 hours 44 minutes. Jan Taylor's time was 7 hours 56 in the W50+ section.

In the Miners Trail over the grueling 15km course, Evan Jones finished with a time of 3 hours 56 minutes.

## Papatowai Challenge

The ever-popular Papatowai Challenge, organised by Wayne Allen and his team of volunteers, attracted a good crowd of walkers and runners

again this year. Ricky Gutsell won the M50+ section in just a few seconds over one hour. Corey Mennell (M40+) had the next best time of the Southland masters with 1:06. Martin Knowler (M40+) was next with 1:19, closely followed by Graham Neilson with 1:20. Of the Southland walkers Barrie Sheehy (M60+) was third fastest male in 1:58, followed by Linda Te Au (W50+) 2:31, and Charlie Collett Snr (M80+) in 2:54.

## Mt Linton Muster

There are events for mountain bikers and runners at the Mt Linton Muster which is held on private land at Mt Linton Station just near Ohai. The runners/walkers have options of a half marathon, which is a quite hilly course, or a 12 km flatter course. All events are off-road on good farm tracks. The results for some Southland masters in the over 40 age group in the half marathon run were:

### Men

Tyrone Lake	1:32	1st
Grant Baker	1:48	5th
Graham Neilson	1:51	7th

Evan MacIntosh	2:17	13th
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### Women

Angela Ryan	1:51	2nd
Jan Taylor	3:44	6th

## Southland Half Marathon Champs

The Gore course is a testing hilly event and not a course for PB's. There was an interesting battle between Nigel Marsh and Tyrone Lake with less than half a minute between them vying for 4th place in their grade. Some Southland masters results were:

### M35-49

Nigel Marsh	1:25.23	4th
Tyrone Lake	1:25.50	5th
Grant Baker	1:35.21	9th
Stephen Gemmill	1:41.15	16th
Martin Knowler	1:43.12	18th
Alastair Hatton	2:05.20	23rd

### M50-59

Ricky Gutsell	1:19.41	1st
Mervyn Potter	1:28.59	2nd

### M60+

Garth Fairbairn	1:40.40	1st
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### W60+

Val Musket	1:50.07	1st
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Grant, Angela, Graham, Tyrone & Evan after 'surviving' the Mt Linton Muster



# Taranaki

by Vicky Jones

The temperature has dropped (somewhat), the rain is coming down and the cross country season is underway! Our members always turn out in good numbers at regional fixtures - a mix of the new and the well-established. The Peter Cattley and Hughes Memorial races provided good old-fashioned cross country conditions, while the combined Dr Davie/Brenda Ballinger Memorial provided fast, spectator-friendly action.

For all these events the weather gods have been kind, with rain the day before each event making way for clear, calm conditions.

## Peter Cattley Memorial 18/4/2015 Frankley School, New Plymouth

The second running of this event was well supported and our members can always be relied upon to help set up. This is a 4km handicap event, with the winner the first to cross the line but not exceeding their estimated time by 4 percent. The walkers were granted a fast, flat 1km circuit, while the runners with their 2km circuit had everything that can be included in classic cross country racing – mud, hills, puddles – and cows! (although these spectators were moved on before the gun went – alas!)

Lynne Mackay judged her race well to take the women's trophy, being the first to cross the line within the 4 % limit, which turned out to be a difference of only 1 second! Some of our members fell victim to their success – being disqualified for going too fast!

### 4km

W50	Karen Gillum-Green	24.05
W35	Vicky Jones	29.57 (Walk)
W60	Lynne Mackay	25.16
M65	Des Phillips	25.06 (Walk)
	Vicky Adams	23.36
	John Payne	32.00 (Walk)
M50	Rodney Gillum	22.56
M55	Allan Thomas	19.14
M70	Alan Jones	22.32

## Dr Davie/Brenda Ballinger Memorial combined 9/5/2015 Highlands Intermediate School, New Plymouth

The running of this year's event was well attended, with overall numbers well up from last year. Despite rain the day before, conditions were surprisingly firm underfoot. Vicky Adams clearly decided one race wasn't enough – she did both the walk (the warm up!) and then lined up for the run.

### 4km

W55	Karen Gillum-Green	19.44
W35	Vicky Jones	31.25 (Walk)
W60	Vicky Adams	22.23
W60	Vicky Adams	31.26 (Walk)
M55	Allan Thomas	18.24
M65	Des Phillips	26.39
M70	Alan Jones	21.26
	John Payne	27.28 (Walk)

## Hughes Memorial 30/5/2015 A&P Showgrounds, Hawera

The turnout for this year's running of this event was the best in years, a heartening trend this season, and our members performed well. Conditions were cool and overcast, but calm and reasonably firm underfoot. In the 4km walk, which was decided by estimated time, Vicky Jones bettered her estimate by 28 seconds, (an overall improvement of 53 seconds on last year), which was close enough for third place. Katie Tahere-Morresey was fifth on estimate as she comes back from injury niggles.

Karen Gillum-Green comfortably won her grade, while Vicky Adams came second in hers, not too bad considering the battles she's had with injury and illness. Alan Jones successfully held off Feilding's Roger Woodruff to take the M70 grade over the 8km race. Proceedings took a sad turn in this race when Des Phillips took the first hurdle awkwardly and painfully – breaking his leg. Rodney Gillum earned his spot prize for sacrificing his race by alerting race officials to Des's plight. All members wholeheartedly wish Des a speedy recovery.

### 4km Women

W55	Karen Gillum-Green	19.26
W35	Vicky Jones	31.02 (Walk)
W60	Vicky Adams	22.18
W45	Katie Tahere-Morresey	29.01 (Walk)

### 8km Men

M50	Rodney Gillum	59.51
M55	Robin Grant	39.20
M70	Alan Jones	41.57



Derek Shaw (30), Patrick Meffan (27), Malcolm Chamberlain (29) Brain Kemp (20), Corey Mennell (21) competing in the Mountain Champs in Nelson

PHOTO: Sharon Wray

## COMING EVENTS

### 2015

1 AUG	ANZ/NZMA Cross Country Championships	CHRISTCHURCH
4 - 16 AUG	WMA Stadia Championships	LYON, FRANCE
5 SEP	ANZ/NZMA Road Championships	TAURANGA
3 OCT	NZ Road Relays Championships	CHRISTCHURCH
5 - 9 OCT	OMA Stadia Championships	RAROTONGA
10 OCT	OMA Stadia Championships (Half Marathon)	RAROTONGA
1 NOV	ANZ/NZMA Marathon Championships	AUCKLAND
20-22 NOV	South Island Championships	TIMARU
27-29 NOV	North Island Championships	AUCKLAND

### 2016

27-29 FEB	NZMA T&F Championships	DUNEDIN (dates to be confirmed)
26 OCT - 6 NOV	WMA Stadia Championships	PERTH, AUSTRALIA

### 2017

19 - 25 MAR	WMA Indoor Championships	DAEGU, SOUTH KOREA
21 - 30 APR	World Masters Games	AUCKLAND

### 2018

20 - 27 JAN	OMA Stadia Championships	DUNEDIN
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